

FSC 2026: Session: 5: COACH evaluation sheet for TEAM: MOZKA

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Luyten Sjobbe

Coaches: Moors Joren HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 25: 100M BACKSTROKE WOMEN **Heat:4, starttime: 09:55**

Heat: 4/8 Lane : 5 Athlete: SPRANGERS KATO **Q-time: 01:09:72**

PB (50m pool): 01:09.72 Kortrijk 04/05/2025 **PB (25m pool): 01:05.62 SB: 01:10.49 Amersfoort 22/02/2026**

	50 M	100 M	
PB	00:34.12	01:09.72	
	<i>00:34.12</i>	<i>00:35.60</i>	
	

Coach feedback: