

# FSC 2026: Session: 5: COACH evaluation sheet for TEAM: ROSC

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

Coaches: Taveirne Bea HEADCOACH

Coaches: Valcke Rik

Coaches: Ryckeman Brian

PB => Personal Best time

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

**Event number: 24: 200M FREESTYLE MEN** **Heat:2, starttime: 09:33**

**Heat: 2/7 Lane : 2 Athlete: PROVOOST DAJO** **Q-time: 02:03:31**

**PB (50m pool): 02:03.31 Antwerpen 27/07/2025** **PB (25m pool): 02:00.15 SB: 02:06.23 Brugge 01/02/2026**

	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
<b>PB</b>	00:29.00	01:00.31	01:32.31	02:03.31	
	00:29.00	00:31.31	00:32.00	00:31.00	
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Coach feedback:

**Event number: 24: 200M FREESTYLE MEN** **Heat:4, starttime: 09:38**

**Heat: 4/7 Lane : 2 Athlete: VANSIELEGHEM KILLIAN** **Q-time: 01:58:62**

**PB (50m pool): 01:58.62 Antwerp 09/02/2025** **PB (25m pool): 01:55.33 SB: 01:59.07 Brugge 01/02/2026**

	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
<b>PB</b>	00:26.66	00:56.14	01:27.28	01:58.62	
	00:26.66	00:29.48	00:31.14	00:31.34	
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Coach feedback:

**Event number: 25: 100M BACKSTROKE WOMEN** **Heat:5, starttime: 09:57**

**Heat: 5/8 Lane : 7 Athlete: DEPAEPE ELIZE** **Q-time: 01:09:28**

**PB (50m pool): 01:09.28 Lago Gent Rozebroeken 04/05/2025** **PB (25m pool): 01:07.48 SB: 01:10.19 Brugge 01/02/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:33.82	01:09.28	
	00:33.82	00:35.46	
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Coach feedback:

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<b>Event number: 28: 50M BUTTERFLY MEN</b>		<b>Heat:2, starttime: 10:33</b>
<b>Heat: 2/10 Lane : 8 Athlete: DHEERE RéMI</b>		<b>Q-time: 00:27:99</b>
PB (50m pool): 00:27.99 Brugge 14/02/2026		PB (25m pool): no time SB: 00:27.99 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:27.99	
	00:27.99	
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Coach feedback:

<b>Event number: 28: 50M BUTTERFLY MEN</b>		<b>Heat:3, starttime: 10:34</b>
<b>Heat: 3/10 Lane : 4 Athlete: VANDYCKE LUCAS</b>		<b>Q-time: 00:27:35</b>
PB (50m pool): 00:27.35 Antwerp 02/02/2025		PB (25m pool): 00:27.15 SB: 00:28.12 Brugge 01/02/2026
	<b>5 0 M</b>	
PB	00:27.35	
	00:27.35	
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Coach feedback:

<b>Event number: 28: 50M BUTTERFLY MEN</b>		<b>Heat:3, starttime: 10:34</b>
<b>Heat: 3/10 Lane : 8 Athlete: DEVOS RHUNE</b>		<b>Q-time: 00:27:85</b>
PB (50m pool): 00:27.85 Brugge 14/02/2026		PB (25m pool): 00:28.15 SB: 00:27.85 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:27.85	
	00:27.85	
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Coach feedback:

<b>Event number: 28: 50M BUTTERFLY MEN</b>		<b>Heat:4, starttime: 10:35</b>
<b>Heat: 4/10 Lane : 1 Athlete: VANHOUTTE WARRE</b>		<b>Q-time: 00:27:32</b>
PB (50m pool): 00:27.32 Brugge 14/02/2026		PB (25m pool): 00:27.19 SB: 00:27.32 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:27.32	
	00:27.32	
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Coach feedback:

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<b>Event number: 28: 50M BUTTERFLY MEN</b>		<b>Heat:8, starttime: 10:38</b>
<b>Heat: 8/10 Lane : 8 Athlete: VANSIELEGHEM KILLIAN</b>		<b>Q-time: 00:25:94</b>
PB (50m pool): 00:25.94 Brugge 14/02/2026		PB (25m pool): 00:25.24 SB: 00:25.94 Brugge 14/02/2026
	<b>5 0 M</b>	
<b>PB</b>	00:25.94	
	<i>00:25.94</i>	
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Coach feedback:

<b>Event number: 30: 100M BACKSTROKE MEN</b>		<b>Heat:1, starttime: 10:56</b>
<b>Heat: 1/7 Lane : 1 Athlete: VANDYCKE LUCAS</b>		<b>Q-time: 01:06:27</b>
PB (50m pool): 01:06.05 ANTWERPEN 30/07/2023		PB (25m pool): 01:03.31 SB: 01:06.58 Brugge 01/02/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
<b>PB</b>	no time	01:06.05
	<i>no time</i>	
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Coach feedback:

<b>Event number: 30: 100M BACKSTROKE MEN</b>		<b>Heat:2, starttime: 10:58</b>
<b>Heat: 2/7 Lane : 8 Athlete: DEVOS RHUNE</b>		<b>Q-time: 01:05:68</b>
PB (50m pool): 01:05.68 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:03.94 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
<b>PB</b>	00:31.61	01:05.68
	<i>00:31.61</i>	<i>00:34.07</i>
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Coach feedback:

<b>Event number: 30: 100M BACKSTROKE MEN</b>		<b>Heat:3, starttime: 11:00</b>
<b>Heat: 3/7 Lane : 3 Athlete: PROVOOST MATICE</b>		<b>Q-time: 01:04:00</b>
PB (50m pool): 01:02.96 Antwerp 21/01/2024		PB (25m pool): 01:00.81 SB: 01:05.77 Brugge 01/02/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
<b>PB</b>	no time	01:02.96
	<i>no time</i>	
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Coach feedback:

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<b>Event number: 31: 50M FREESTYLE WOMEN</b>		<b>Heat:3, starttime: 11:12</b>
<b>Heat: 3/7 Lane : 3 Athlete: CLAEYS DITTE</b>		<b>Q-time: 00:27:98</b>
PB (50m pool): 00:27.98 Antwerpen 27/04/2025		PB (25m pool): 00:27.21 SB: 00:28.66 Antwerpen 08/03/2026
	<b>5 0 M</b>	
PB	00:27.98	
	<i>00:27.98</i>	
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Coach feedback:

<b>Event number: 32: 200M MEDLEY MEN</b>					<b>Heat:3, starttime: 11:23</b>
<b>Heat: 3/6 Lane : 8 Athlete: PROVOOST MATICE</b>					<b>Q-time: 02:18:73</b>
PB (50m pool): 02:18.73 Antwerpen 27/07/2025			PB (25m pool): no time SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	00:29.96	01:05.12	01:48.33	02:18.73	
	<i>00:29.96</i>	<i>00:35.16</i>	<i>00:43.21</i>	<i>00:30.40</i>	
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Coach feedback:

<b>Event number: 33: 400M FREESTYLE WOMEN</b>							<b>Heat:2, starttime: 11:40</b>	
<b>Heat: 2/4 Lane : 7 Athlete: CLAEYS DITTE</b>							<b>Q-time: 04:35:91</b>	
PB (50m pool): 04:35.91 Antwerpen 27/07/2025				PB (25m pool): 04:35.55 SB: 04:40.32 Antwerpen 08/03/2026				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	00:32.33	01:07.97	01:43.55	02:18.69	02:53.47	03:28.55	04:02.65	04:35.91
	<i>00:32.33</i>	<i>00:35.64</i>	<i>00:35.58</i>	<i>00:35.14</i>	<i>00:34.78</i>	<i>00:35.08</i>	<i>00:34.10</i>	<i>00:33.26</i>
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Coach feedback: