

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

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

Coaches: Matthijs Laurenz

PB => Personal Best time

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

Event number: 24: 200M FREESTYLE MEN **Heat:3, starttime: 09:35**

Heat: 3/7 Lane : 6 Athlete: MEES BRENT **Q-time: 02:00:02**

PB (50m pool): 02:00.02 Antwerpen 27/07/2025 **PB (25m pool): 01:54.20 SB: no time**

	50 M	100 M	150 M	200 M	
PB	00:27.61	00:57.76	01:28.68	02:00.02	
	00:27.61	00:30.15	00:30.92	00:31.34	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN **Heat:10, starttime: 10:40**

Heat: 10/10 Lane : 3 Athlete: MEES RUBEN **Q-time: 00:24:81**

PB (50m pool): 00:24.81 Antwerpen 27/04/2025 **PB (25m pool): 00:24.50 SB: 00:25.63 Molenbeek 01/02/2026**

	50 M	
PB	00:24.81	
	00:24.81	
	

Coach feedback: