

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

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

Coaches: Jehaes Tess

Coaches: Claes Cédric HEADCOACH

PB => Personal Best time

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

Event number: 25: 100M BACKSTROKE WOMEN **Heat:3, starttime: 09:53**

Heat: 3/8 Lane : 6 Athlete: ROOX AMÉLIE **Q-time: 01:10:54**

PB (50m pool): 01:09.87 Antwerpen 21/04/2024 **PB (25m pool): 01:07.47 SB: 01:10.54 Genk 01/02/2026**

	5 0 M	1 0 0 M	
PB	no time	01:09.87	
	<i>no time</i>		
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN **Heat:1, starttime: 10:32**

Heat: 1/10 Lane : 4 Athlete: SIMONS VIC **Q-time: 00:28:04**

PB (50m pool): 00:28.04 Antwerpen 27/07/2025 **PB (25m pool): 00:27.30 SB: 00:28.59 Genk 01/02/2026**

	5 0 M	
PB	00:28.04	
	<i>00:28.04</i>	
	

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN **Heat:2, starttime: 10:58**

Heat: 2/7 Lane : 2 Athlete: SIMONS VIC **Q-time: 01:05:58**

PB (50m pool): 01:05.58 Genk 01/02/2026 **PB (25m pool): 01:02.93 SB: 01:05.58 Genk 01/02/2026**

	5 0 M	1 0 0 M	
PB	00:31.57	01:05.58	
	<i>00:31.57</i>	<i>00:34.01</i>	
	

Coach feedback: