

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

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

Coaches: Meyers Sepp

PB => Personal Best time

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

Event number: 24: 200M FREESTYLE MEN **Heat:1, starttime: 09:30**

Heat: 1/7 Lane : 5 Athlete: MATHIEU JACK **Q-time: 02:04:02**

PB (50m pool): 02:04.02 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:00.86 SB: 02:06.62 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.07	01:00.37	no time	02:04.02	
	00:29.07	00:31.30			
	

Coach feedback:

Event number: 24: 200M FREESTYLE MEN **Heat:7, starttime: 09:45**

Heat: 7/7 Lane : 7 Athlete: LAUREYSSSENS LUKAS **Q-time: 01:54:79**

PB (50m pool): 01:54.79 Antwerpen 27/07/2025 PB (25m pool): 01:53.21 SB: 01:55.85 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.34	00:55.46	01:25.52	01:54.79	
	00:26.34	00:29.12	00:30.06	00:29.27	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN **Heat:7, starttime: 10:37**

Heat: 7/10 Lane : 1 Athlete: LAUREYSSSENS LUKAS **Q-time: 00:26:38**

PB (50m pool): 00:26.38 Antwerpen 27/07/2025 PB (25m pool): 00:26.32 SB: 00:26.53 Wezenberg 01/02/2026

	5 0 M	
PB	00:26.38	
	00:26.38	
	

Coach feedback:

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Event number: 34: 1500M FREESTYLE MEN							Heat:1, starttime: 11:56	
Heat: 1/1 Lane : 5 Athlete: MATHIEU JACK							Q-time: 17:13:57	
PB (50m pool): 17:13.57 Antwerpen 27/07/2025				PB (25m pool): 17:05.38 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:31.23	01:04.93	01:38.77	02:13.76	02:47.89	03:22.23	03:56.60	04:31.31
	<i>00:31.23</i>	<i>00:33.70</i>	<i>00:33.84</i>	<i>00:34.99</i>	<i>00:34.13</i>	<i>00:34.34</i>	<i>00:34.37</i>	<i>00:34.71</i>

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	05:05.90	05:41.06	06:15.70	06:50.69	07:25.64	08:00.81	08:35.48	09:10.50
	<i>00:34.59</i>	<i>00:35.16</i>	<i>00:34.64</i>	<i>00:34.99</i>	<i>00:34.95</i>	<i>00:35.17</i>	<i>00:34.67</i>	<i>00:35.02</i>

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB	09:45.00	10:19.90	10:54.40	11:29.40	12:03.68	12:38.64	13:12.94	13:47.95
	<i>00:34.50</i>	<i>00:34.90</i>	<i>00:34.50</i>	<i>00:35.00</i>	<i>00:34.28</i>	<i>00:34.96</i>	<i>00:34.30</i>	<i>00:35.01</i>

	1150 M	1300 M	1350 M	1400 M	1450 M	1500 M		
PB	14:22.30	14:57.30	15:32.46	16:07.67	16:41.69	17:13.57		
	<i>00:34.35</i>	<i>00:35.00</i>	<i>00:35.16</i>	<i>00:35.21</i>	<i>00:34.02</i>	<i>00:31.88</i>		
		

Coach feedback: