

OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 5: 100M BREASTSTROKE MEN			Heat:2, starttime: 10:04
Heat: 2/9 Lane : 5 Athlete: VERHULST LENNERT			Q-time: 01:12:17
PB (50m pool): 01:12.17 Antwerpen 22/03/2026			PB (25m pool): 01:08.87 SB: 01:12.17 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.37	01:12.17	
	00:33.37	00:38.80	
			

Coach feedback:

Event number: 7: 400M FREESTYLE MEN								Heat:1, starttime: 10:26
Heat: 1/3 Lane : 1 Athlete: MAES JORDY								Q-time: 05:05:13
PB (50m pool): 05:10.37 Antwerpen 27/07/2025				PB (25m pool): 05:00.61 SB: 05:10.94 Lochristi 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.90	01:13.17	01:53.43	02:33.77	03:13.90	03:53.76	04:33.26	05:10.37
	00:35.90	00:37.27	00:40.26	00:40.34	00:40.13	00:39.86	00:39.50	00:37.11
								

Coach feedback: