

# OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: DBT

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

Coaches: Smet Kathleen HEADCOACH

PB => Personal Best time

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

| Event number: 2: 100M BUTTERFLY WOMEN               |           |           | Heat:1, starttime: 09:12                                         |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 1/8 Lane : 6 Athlete: RENETTE LENA            |           |           | Q-time: 01:12:43                                                 |
| PB (50m pool): 01:12.43 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:09.48 SB: 01:12.43 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:33.10  | 01:12.43  |                                                                  |
|                                                     | 00:33.10  | 00:39.33  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

| Event number: 2: 100M BUTTERFLY WOMEN        |           |           | Heat:3, starttime: 09:15                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/8 Lane : 4 Athlete: FREDERIX MAYA    |           |           | Q-time: 01:08:41                                          |
| PB (50m pool): 01:08.41 Antwerpen 27/04/2025 |           |           | PB (25m pool): 01:07.53 SB: 01:13.02 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.83  | 01:08.41  |                                                           |
|                                              | 00:31.83  | 00:36.58  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 2: 100M BUTTERFLY WOMEN   |           |           | Heat:4, starttime: 09:17                                  |
|-----------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/8 Lane : 4 Athlete: MELOTTE PIA |           |           | Q-time: 01:08:13                                          |
| PB (50m pool): 01:08.13 Mol 22/06/2025  |           |           | PB (25m pool): 01:07.32 SB: 01:08.61 Antwerpen 22/03/2026 |
|                                         | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                      | 00:31.25  | 01:08.13  |                                                           |
|                                         | 00:31.25  | 00:36.88  |                                                           |
|                                         | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 2: 100M BUTTERFLY WOMEN        |          |          |  | Heat:7, starttime: 09:22                                  |  |  |  |
|----------------------------------------------|----------|----------|--|-----------------------------------------------------------|--|--|--|
| Heat: 7/8 Lane : 6 Athlete: VANDEVENNE LIAH  |          |          |  | Q-time: 01:03:61                                          |  |  |  |
| PB (50m pool): 01:03.61 Antwerpen 22/03/2026 |          |          |  | PB (25m pool): 01:02.59 SB: 01:03.61 Antwerpen 22/03/2026 |  |  |  |
|                                              | 5 0 M    | 1 0 0 M  |  |                                                           |  |  |  |
| PB                                           | 00:29.43 | 01:03.61 |  |                                                           |  |  |  |
|                                              | 00:29.43 | 00:34.18 |  |                                                           |  |  |  |
|                                              | .....    | .....    |  |                                                           |  |  |  |

Coach feedback:

| Event number: 3: 200M BACKSTROKE MEN         |          |          |          |          | Heat:1, starttime: 09:26            |  |  |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|--|--|
| Heat: 1/5 Lane : 1 Athlete: BAELEN SIEBE     |          |          |          |          | Q-time: 02:20:89                    |  |  |
| PB (50m pool): 02:20.89 Antwerpen 27/07/2025 |          |          |          |          | PB (25m pool): 02:16.25 SB: no time |  |  |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |  |  |
| PB                                           | 00:31.86 | 01:07.36 | 01:45.07 | 02:20.89 |                                     |  |  |
|                                              | 00:31.86 | 00:35.50 | 00:37.71 | 00:35.82 |                                     |  |  |
|                                              | .....    | .....    | .....    | .....    |                                     |  |  |

Coach feedback:

| Event number: 3: 200M BACKSTROKE MEN    |          |          |          |          | Heat:2, starttime: 09:30                             |  |  |
|-----------------------------------------|----------|----------|----------|----------|------------------------------------------------------|--|--|
| Heat: 2/5 Lane : 5 Athlete: BAELEN TOBE |          |          |          |          | Q-time: 02:17:79                                     |  |  |
| PB (50m pool): 02:17.79 Genk 01/02/2026 |          |          |          |          | PB (25m pool): 02:12.30 SB: 02:17.79 Genk 01/02/2026 |  |  |
|                                         | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                      |  |  |
| PB                                      | 00:31.58 | 01:06.29 | 01:42.56 | 02:17.79 |                                                      |  |  |
|                                         | 00:31.58 | 00:34.71 | 00:36.27 | 00:35.23 |                                                      |  |  |
|                                         | .....    | .....    | .....    | .....    |                                                      |  |  |

Coach feedback:

| Event number: 4: 400M MEDLEY WOMEN             |          |          |          |          |          |          | Heat:2, starttime: 09:49                                  |          |
|------------------------------------------------|----------|----------|----------|----------|----------|----------|-----------------------------------------------------------|----------|
| Heat: 2/3 Lane : 6 Athlete: BROUWERS CHARLOTTE |          |          |          |          |          |          | Q-time: 05:09:70                                          |          |
| PB (50m pool): 05:09.70 Antwerpen 08/03/2026   |          |          |          |          |          |          | PB (25m pool): 04:59.82 SB: 05:09.70 Antwerpen 08/03/2026 |          |
|                                                | 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                                             | 00:32.10 | 01:10.49 | 01:53.68 | 02:33.73 | 03:14.43 | 03:55.52 | 04:31.99                                                  | 05:09.70 |
|                                                | 00:32.10 | 00:38.39 | 00:43.19 | 00:40.05 | 00:40.70 | 00:41.09 | 00:36.47                                                  | 00:37.71 |
|                                                | .....    | .....    | .....    | .....    | .....    | .....    | .....                                                     | .....    |

Coach feedback:

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| Event number: 4: 400M MEDLEY WOMEN               |           |           |           |                                                              |           |           | Heat:3, starttime: 09:55 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 2    Athlete: VERTESSEN FRAN |           |           |           |                                                              |           |           | Q-time: 05:09:82         |           |
| PB (50m pool): 05:09.82    Antwerp 09/02/2025    |           |           |           | PB (25m pool): 05:01.45 SB: 05:10.96    Antwerpen 22/03/2026 |           |           |                          |           |
|                                                  | 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                                               | 00:31.53  | 01:08.63  | 01:50.40  | 02:31.95                                                     | 03:15.49  | 03:59.88  | 04:35.69                 | 05:09.82  |
|                                                  | 00:31.53  | 00:37.10  | 00:41.77  | 00:41.55                                                     | 00:43.54  | 00:44.39  | 00:35.81                 | 00:34.13  |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 5: 100M BREASTSTROKE MEN               |           |  |           |                                                              |  |  | Heat:1, starttime: 10:02 |  |  |
|------------------------------------------------------|-----------|--|-----------|--------------------------------------------------------------|--|--|--------------------------|--|--|
| Heat: 1/9    Lane : 5    Athlete: VERSCHAEREN LANDER |           |  |           |                                                              |  |  | Q-time: 01:13:93         |  |  |
| PB (50m pool): 01:13.93    Seraing    22/03/2026     |           |  |           | PB (25m pool): 01:14.15SB: 01:13.93    Seraing    22/03/2026 |  |  |                          |  |  |
|                                                      | 5 0 M     |  | 1 0 0 M   |                                                              |  |  |                          |  |  |
| PB                                                   | 00:33.96  |  | 01:13.93  |                                                              |  |  |                          |  |  |
|                                                      | 00:33.96  |  | 00:39.97  |                                                              |  |  |                          |  |  |
|                                                      | . . . . . |  | . . . . . |                                                              |  |  |                          |  |  |

Coach feedback:

| Event number: 5: 100M BREASTSTROKE MEN          |           |  |           |                                                           |  |  | Heat:5, starttime: 10:09 |  |  |  |
|-------------------------------------------------|-----------|--|-----------|-----------------------------------------------------------|--|--|--------------------------|--|--|--|
| Heat: 5/9    Lane : 8    Athlete: JORISSEN RUBE |           |  |           |                                                           |  |  | Q-time: 01:09:46         |  |  |  |
| PB (50m pool): 01:09.46    Genk    01/02/2026   |           |  |           | PB (25m pool): 01:08.16SB: 01:09.46    Genk    01/02/2026 |  |  |                          |  |  |  |
|                                                 | 5 0 M     |  | 1 0 0 M   |                                                           |  |  |                          |  |  |  |
| PB                                              | 00:32.74  |  | 01:09.46  |                                                           |  |  |                          |  |  |  |
|                                                 | 00:32.74  |  | 00:36.72  |                                                           |  |  |                          |  |  |  |
|                                                 | . . . . . |  | . . . . . |                                                           |  |  |                          |  |  |  |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN       |           |  |  |  |  |  |  |  |  | Heat:1, starttime: 10:18                                           |  |
|-----------------------------------------------|-----------|--|--|--|--|--|--|--|--|--------------------------------------------------------------------|--|
| Heat: 1/6    Lane : 2    Athlete: MOORS YANA  |           |  |  |  |  |  |  |  |  | Q-time: 00:37:36                                                   |  |
| PB (50m pool): 00:37.36    Seraing 23/03/2025 |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:37.17SB: 00:38.40    SportinGenk Park 06/04/2026 |  |
|                                               | 5 0 M     |  |  |  |  |  |  |  |  |                                                                    |  |
| PB                                            | 00:37.36  |  |  |  |  |  |  |  |  |                                                                    |  |
|                                               | 00:37.36  |  |  |  |  |  |  |  |  |                                                                    |  |
|                                               | . . . . . |  |  |  |  |  |  |  |  |                                                                    |  |

Coach feedback:

# OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: DBT

| Event number: 6: 50M BREASTSTROKE WOMEN            |           |  |  |  |  |  | Heat:4, starttime: 10:22                                       |  |  |
|----------------------------------------------------|-----------|--|--|--|--|--|----------------------------------------------------------------|--|--|
| Heat: 4/6    Lane : 7    Athlete: PUT FIEN         |           |  |  |  |  |  | Q-time: 00:35:29                                               |  |  |
| PB (50m pool): 00:35.29    Antwerpen    08/03/2026 |           |  |  |  |  |  | PB (25m pool): 00:35.56SB: 00:35.29    Antwerpen    08/03/2026 |  |  |
|                                                    | 5 0 M     |  |  |  |  |  |                                                                |  |  |
| PB                                                 | 00:35.29  |  |  |  |  |  |                                                                |  |  |
|                                                    | 00:35.29  |  |  |  |  |  |                                                                |  |  |
|                                                    | . . . . . |  |  |  |  |  |                                                                |  |  |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN            |           |  |  |  |  |  | Heat:5, starttime: 10:23                                        |  |  |
|----------------------------------------------------|-----------|--|--|--|--|--|-----------------------------------------------------------------|--|--|
| Heat: 5/6    Lane : 4    Athlete: VERSTREPEN SIEL  |           |  |  |  |  |  | Q-time: 00:32:02                                                |  |  |
| PB (50m pool): 00:32.02    Antwerpen    22/03/2026 |           |  |  |  |  |  | PB (25m pool): 00:31.21 SB: 00:32.02    Antwerpen    22/03/2026 |  |  |
|                                                    | 5 0 M     |  |  |  |  |  |                                                                 |  |  |
| PB                                                 | 00:32.02  |  |  |  |  |  |                                                                 |  |  |
|                                                    | 00:32.02  |  |  |  |  |  |                                                                 |  |  |
|                                                    | . . . . . |  |  |  |  |  |                                                                 |  |  |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN            |           |  |  |  |  |  | Heat:5, starttime: 10:23                                       |  |  |
|----------------------------------------------------|-----------|--|--|--|--|--|----------------------------------------------------------------|--|--|
| Heat: 5/6    Lane : 8    Athlete: VANHEES ELLA     |           |  |  |  |  |  | Q-time: 00:35:74                                               |  |  |
| PB (50m pool): 00:35.74    Antwerpen    22/03/2026 |           |  |  |  |  |  | PB (25m pool): 00:35.50SB: 00:35.74    Antwerpen    22/03/2026 |  |  |
|                                                    | 5 0 M     |  |  |  |  |  |                                                                |  |  |
| PB                                                 | 00:35.74  |  |  |  |  |  |                                                                |  |  |
|                                                    | 00:35.74  |  |  |  |  |  |                                                                |  |  |
|                                                    | . . . . . |  |  |  |  |  |                                                                |  |  |

Coach feedback:

| Event number: 10: 50M BACKSTROKE WOMEN             |           |  |  |  |  |  | Heat:1, starttime: 11:09                                       |  |  |
|----------------------------------------------------|-----------|--|--|--|--|--|----------------------------------------------------------------|--|--|
| Heat: 1/8    Lane : 5    Athlete: RENETTE LENA     |           |  |  |  |  |  | Q-time: 00:33:35                                               |  |  |
| PB (50m pool): 00:33.35    Antwerpen    27/07/2025 |           |  |  |  |  |  | PB (25m pool): 00:32.42SB: 00:33.78    Antwerpen    22/03/2026 |  |  |
|                                                    | 5 0 M     |  |  |  |  |  |                                                                |  |  |
| PB                                                 | 00:33.35  |  |  |  |  |  |                                                                |  |  |
|                                                    | 00:33.35  |  |  |  |  |  |                                                                |  |  |
|                                                    | . . . . . |  |  |  |  |  |                                                                |  |  |

Coach feedback:

# OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: DBT

| Event number: 10: 50M BACKSTROKE WOMEN       |           | Heat:3, starttime: 11:12                             |
|----------------------------------------------|-----------|------------------------------------------------------|
| Heat: 3/8 Lane : 6 Athlete: VANHEES ELLA     |           | Q-time: 00:32:47                                     |
| PB (50m pool): 00:32.47 Antwerpen 27/07/2025 |           | PB (25m pool): 00:31.66 SB: 00:33.01 Genk 01/02/2026 |
|                                              | 5 0 M     |                                                      |
| PB                                           | 00:32.47  |                                                      |
|                                              | 00:32.47  |                                                      |
|                                              | . . . . . |                                                      |

Coach feedback:

| Event number: 10: 50M BACKSTROKE WOMEN       |           | Heat:5, starttime: 11:15                                  |
|----------------------------------------------|-----------|-----------------------------------------------------------|
| Heat: 5/8 Lane : 4 Athlete: MELOTTE PIA      |           | Q-time: 00:31:44                                          |
| PB (50m pool): 00:31.44 Antwerpen 08/03/2026 |           | PB (25m pool): 00:33.02 SB: 00:31.44 Antwerpen 08/03/2026 |
|                                              | 5 0 M     |                                                           |
| PB                                           | 00:31.44  |                                                           |
|                                              | 00:31.44  |                                                           |
|                                              | . . . . . |                                                           |

Coach feedback:

| Event number: 10: 50M BACKSTROKE WOMEN       |           | Heat:5, starttime: 11:15                                  |
|----------------------------------------------|-----------|-----------------------------------------------------------|
| Heat: 5/8 Lane : 5 Athlete: FREDERIX MAYA    |           | Q-time: 00:31:47                                          |
| PB (50m pool): 00:31.47 Antwerpen 27/07/2025 |           | PB (25m pool): 00:30.47 SB: 00:31.86 Wezenberg 03/01/2026 |
|                                              | 5 0 M     |                                                           |
| PB                                           | 00:31.47  |                                                           |
|                                              | 00:31.47  |                                                           |
|                                              | . . . . . |                                                           |

Coach feedback:

| Event number: 10: 50M BACKSTROKE WOMEN       |           | Heat:7, starttime: 11:19                                  |
|----------------------------------------------|-----------|-----------------------------------------------------------|
| Heat: 7/8 Lane : 7 Athlete: VANDEVENNE LIAH  |           | Q-time: 00:30:86                                          |
| PB (50m pool): 00:30.86 Antwerpen 22/03/2026 |           | PB (25m pool): 00:29.92 SB: 00:30.86 Antwerpen 22/03/2026 |
|                                              | 5 0 M     |                                                           |
| PB                                           | 00:30.86  |                                                           |
|                                              | 00:30.86  |                                                           |
|                                              | . . . . . |                                                           |

Coach feedback: