

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

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

Coaches: Billet Francois

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN				Heat:5, starttime: 09:06			
Heat: 5/7 Lane : 5 Athlete: VANDAMME HUGO				Q-time: 00:55:95			
PB (50m pool): 00:55.98 Antwerpen 27/07/2025				PB (25m pool): 00:55.63 SB: 00:56.28 Charleroi 15/02/2026			
	5 0 M	1 0 0 M					
PB	00:26.12	00:55.98					
	00:26.12	00:29.86					
							

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN				Heat:5, starttime: 10:09			
Heat: 5/9 Lane : 7 Athlete: EMARA NAEL				Q-time: 01:09:34			
PB (50m pool): 01:10.63 Charleroi 15/02/2026				PB (25m pool): 01:14.66 SB: 01:10.63 Charleroi 15/02/2026			
	5 0 M	1 0 0 M					
PB	00:33.44	01:10.63					
	00:33.44	00:37.19					
							

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:3, starttime: 10:36	
Heat: 3/3 Lane : 7 Athlete: SOBRIE GAUTIER							Q-time: 04:04:12	
PB (50m pool): 04:04.12 Antwerpen 27/07/2025			PB (25m pool): 04:00.23 SB: 04:04.51 Charleroi 15/02/2026					
	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	00:28.11	00:58.43	01:29.13	02:00.30	02:31.69	03:03.12	03:34.33	04:04.12
	00:28.11	00:30.32	00:30.70	00:31.17	00:31.39	00:31.43	00:31.21	00:29.79
								

Coach feedback:

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Event number: 10: 50M BACKSTROKE WOMEN		Heat:1, starttime: 11:09
Heat: 1/8 Lane : 4 Athlete: ABDELMOUMEN NISRINE		Q-time: 00:33:23
PB (50m pool): 00:33.28 Charleroi 15/02/2026		PB (25m pool): 00:32.18 SB: 00:33.28 Charleroi 15/02/2026
	5 0 M	
PB	00:33.28	
	00:33.28	
		

Coach feedback: