

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

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

Coaches: Melders Peter HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN

Heat:8, starttime: 09:24

Heat: 8/8 Lane : 4 Athlete: VANOTTERDIJK ROOS

Q-time: 00:55:84

PB (50m pool): 00:57.82 Antwerpen 12/02/2023

PB (25m pool): 00:57.63 SB: no time

	5 0 M	1 0 0 M	
PB	no time	00:57.82	
	no time		
			

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN

Heat:2, starttime: 09:30

Heat: 2/5 Lane : 6 Athlete: VEESTRAETEN MATS

Q-time: 02:17:87

PB (50m pool): 02:17.87 Antwerpen 27/07/2025

PB (25m pool): 02:14.17 SB: 02:21.62 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.33	01:07.34	01:42.82	02:17.87	
	00:32.33	00:35.01	00:35.48	00:35.05	
					

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN

Heat:1, starttime: 09:43

Heat: 1/3 Lane : 3 Athlete: THEUWIS RUNE

Q-time: 05:31:07

PB (50m pool): 05:23.37 Antwerpen 27/07/2025

PB (25m pool): 05:15.17 SB: 05:48.63 Genk 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	00:33.81	01:14.17	01:57.72	02:39.31	03:25.58	04:12.30	04:48.93	05:23.37
	00:33.81	00:40.36	00:43.55	00:41.59	00:46.27	00:46.72	00:36.63	00:34.44
								

Coach feedback:

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

Event number: 5: 100M BREASTSTROKE MEN			Heat:1, starttime: 10:02
Heat: 1/9 Lane : 4 Athlete: DAEMEN TUUR			Q-time: 01:13:61
PB (50m pool): 01:13.61 Antwerpen 22/03/2026			PB (25m pool): 01:10.76 SB: 01:13.61 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.05	01:13.61	
	00:34.05	00:39.56	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN			Heat:4, starttime: 10:07
Heat: 4/9 Lane : 4 Athlete: ORIS TIM			Q-time: 01:09:48
PB (50m pool): 01:09.21 Antwerpen 21/04/2024			PB (25m pool): 01:06.48 SB: 01:10.11 Neuss 07/12/2025
	5 0 M	1 0 0 M	
PB	no time	01:09.21	
	no time		
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN			Heat:8, starttime: 10:14
Heat: 8/9 Lane : 7 Athlete: METTEN VINCE			Q-time: 01:05:47
PB (50m pool): 01:05.47 Antwerpen 22/03/2026			PB (25m pool): 01:04.83 SB: 01:05.47 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.70	01:05.47	
	00:30.70	00:34.77	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN			Heat:9, starttime: 10:16
Heat: 9/9 Lane : 5 Athlete: VRANKEN BARTEL			Q-time: 01:02:28
PB (50m pool): 01:02.28 Antwerpen 22/03/2026			PB (25m pool): 01:00.99 SB: 01:02.28 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.81	01:02.28	
	00:28.81	00:33.47	
			

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN			Heat:3, starttime: 10:58
Heat: 3/12 Lane : 1 Athlete: ORIS TIM			Q-time: 00:25:42
PB (50m pool): 00:25.13 Antwerpen 28/07/2024			PB (25m pool): 00:24.38 SB: 00:25.61 Neuss 07/12/2025
	5 0 M		
PB	00:25.13		
	00:25.13		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:9, starttime: 11:04
Heat: 9/12 Lane : 7 Athlete: VRANKEN BARTEL			Q-time: 00:24:14
PB (50m pool): 00:24.14 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:23.81 SB: no time
	5 0 M		
PB	00:24.14		
	00:24.14		
			

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN			Heat:6, starttime: 11:17
Heat: 6/8 Lane : 3 Athlete: BUSSELS FLEUR			Q-time: 00:29:66
PB (50m pool): 00:29.66 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:28.54 SB: 00:29.66 Zwembad Brigitte Becue 26/04/2026
	5 0 M		
PB	00:29.66		
	00:29.66		
			

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN			Heat:8, starttime: 11:20
Heat: 8/8 Lane : 4 Athlete: VANOTTERDIJK ROOS			Q-time: 00:27:67
PB (50m pool): 00:27.97 Antwerpen 12/02/2023			PB (25m pool): 00:26.62 SB: no time
	5 0 M		
PB	00:27.97		
	00:27.97		
			

Coach feedback:

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

Event number: 11: 4x100M MEDLEY MIXED							Heat:1, starttime: 11:22	
Heat: 1/1 Lane : 4 Athlete: TEAM DMB 1							Q-time: 03:57:60	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: