

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

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

Coaches: Van der Elst Astrid

Coaches: Moerman Pieter

PB => Personal Best time

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

Event number: 4: 400M MEDLEY WOMEN **Heat:2, starttime: 09:49**

Heat: 2/3 Lane : 5 Athlete: DEBECKER CHARLOTTE **Q-time: 05:06:27**

PB (50m pool): 05:06.27 Antwerpen 27/07/2025 **PB (25m pool): 04:55.76 SB: no time**

	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	00:33.39	01:11.96	01:51.03	02:30.62	03:13.39	03:57.58	04:32.34	05:06.27
	00:33.39	00:38.57	00:39.07	00:39.59	00:42.77	00:44.19	00:34.76	00:33.93
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN **Heat:3, starttime: 10:47**

Heat: 3/5 Lane : 6 Athlete: DHAESELEER FRAN **Q-time: 02:06:45**

PB (50m pool): 02:06.45 Antwerpen 27/07/2025 **PB (25m pool): 02:05.38 SB: 02:12.12 Antwerpen 22/03/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.49	01:01.32	01:33.78	02:06.45	
	00:29.49	00:31.83	00:32.46	00:32.67	
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN **Heat:5, starttime: 10:53**

Heat: 5/5 Lane : 8 Athlete: DEBECKER CHARLOTTE **Q-time: 02:09:55**

PB (50m pool): 02:09.55 Brugge 01/02/2026 **PB (25m pool): 02:07.90 SB: 02:09.55 Brugge 01/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.14	01:04.05	01:37.85	02:09.55	
	00:31.14	00:32.91	00:33.80	00:31.70	
					

Coach feedback: