

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

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

Coaches: Evrard Marc HEADCOACH

Coaches: Brusten Arthur

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN			Heat:7, starttime: 09:10
Heat: 7/7 Lane : 1 Athlete: BIAD MALIK			Q-time: 00:57:96
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:7, starttime: 09:10
Heat: 7/7 Lane : 8 Athlete: DUFOND NATHAN			Q-time: 00:58:25
PB (50m pool): 00:58.25 Antwerpen 22/03/2026			PB (25m pool): 00:57.66 SB: 00:58.25 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.40	00:58.25	
	00:27.40	00:30.85	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN			Heat:5, starttime: 09:19
Heat: 5/8 Lane : 5 Athlete: PAVAN NAHLA			Q-time: 01:07:40
PB (50m pool): 01:06.20 Antwerpen 28/07/2024			PB (25m pool): 01:06.19 SB: 01:08.78 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:06.20	
	no time		
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN										Heat:7, starttime: 09:22	
Heat: 7/8 Lane : 7 Athlete: HANNOTEAU ISALYNE										Q-time: 01:04:92	
PB (50m pool): 01:04.92 Antwerpen 22/03/2026					PB (25m pool): no time SB: 01:04.92 Antwerpen 22/03/2026						
	5 0 M		1 0 0 M								
PB	00:29.93		01:04.92								
	00:29.93		00:34.99								
											

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN						Heat:3, starttime: 09:55		
Heat: 3/3 Lane : 5 Athlete: VACHAUDEZ ELLA						Q-time: 04:58:30		
PB (50m pool): 04:58.30 Antwerpen 27/07/2025			PB (25m pool): 04:52.63 SB: 05:00.23 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	00:31.46	01:08.52	01:46.74	02:24.44	03:07.81	03:51.29	04:25.85	04:58.30
	00:31.46	00:37.06	00:38.22	00:37.70	00:43.37	00:43.48	00:34.56	00:32.45
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN							Heat:6, starttime: 10:11	
Heat: 6/9 Lane : 5 Athlete: BIAD MALIK						Q-time: 01:07:83		
PB (50m pool): no time			PB (25m pool): no time				SB: no time	
	5 0 M	1 0 0 M						
PB	no time	no time						
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN						Heat:1, starttime: 10:26		
Heat: 1/3 Lane : 7 Athlete: DUFOND NATHAN						Q-time: 04:16:61		
PB (50m pool): 04:16.61 La Louvière 25/05/2025			PB (25m pool): 03:59.92 SB: 04:16.92 La Louvière 29/11/2025					
	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	00:28.31	00:59.69	01:31.92	02:04.72	02:37.41	03:10.96	03:44.40	04:16.61
	00:28.31	00:31.38	00:32.23	00:32.80	00:32.69	00:33.55	00:33.44	00:32.21
								

Coach feedback:

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Event number: 8: 200M FREESTYLE WOMEN					Heat:2, starttime: 10:45
Heat: 2/5 Lane : 6 Athlete: HANNOTEAU ISALYNE					Q-time: 02:10:69
PB (50m pool): 02:14.68 Antwerpen 27/04/2025					PB (25m pool): 02:06.24 SB: 02:14.81 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.11	01:03.86	01:39.48	02:14.68	
	00:30.11	00:33.75	00:35.62	00:35.20	
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:3, starttime: 10:47
Heat: 3/5 Lane : 5 Athlete: DUREZ LAURE					Q-time: 02:03:42
PB (50m pool): 02:03.42 Antwerpen 27/07/2025					PB (25m pool): 01:58.24 SB: 02:03.51 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.89	01:00.34	01:32.35	02:03.42	
	00:28.89	00:31.45	00:32.01	00:31.07	
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN			Heat:7, starttime: 11:19
Heat: 7/8 Lane : 5 Athlete: DUREZ LAURE			Q-time: 00:29:23
PB (50m pool): 00:29.23 Antwerpen 27/07/2025			PB (25m pool): 00:28.27 SB: 00:29.88 Antwerpen 22/03/2026
	5 0 M		
PB	00:29.23		
	00:29.23		
			

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN			Heat:8, starttime: 11:20
Heat: 8/8 Lane : 8 Athlete: VACHAUDEZ ELLA			Q-time: 00:31:12
PB (50m pool): 00:31.12 Antwerpen 27/07/2025			PB (25m pool): 00:30.03 SB: 00:31.60 Antwerpen 22/03/2026
	5 0 M		
PB	00:31.12		
	00:31.12		
			

Coach feedback:

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Coach feedback: