

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

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

Coaches: Van Goethem Niels

Coaches: Ramael Maaïke HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN **Heat:2, starttime: 09:02**

Heat: 2/7 Lane : 8 Athlete: DE RYCK SEPPE			Q-time: 01:01:58
PB (50m pool): 01:01.58 Antwerpen 15/03/2026			PB (25m pool): 01:03.78 SB: 01:01.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.31	01:01.58	
	00:29.31	00:32.27	
			

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN **Heat:7, starttime: 11:19**

Heat: 7/8 Lane : 3 Athlete: RAMAEL MAAIKE			Q-time: 00:29:58
PB (50m pool): 00:29.58 Antwerpen 15/03/2026			PB (25m pool): 00:29.10 SB: 00:29.58 Antwerpen 15/03/2026
	5 0 M		
PB	00:29.58		
	00:29.58		
			

Coach feedback: