

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

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

Coaches: Hofmans Francoise HEADCOACH

Coaches: Ardu Daniel

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN Heat:1, starttime: 09:00

Heat: 1/7 Lane : 5 Athlete: JACOB GEOFFREY Q-time: 01:02:26

PB (50m pool): 01:02.26 La Louvière 25/05/2025 PB (25m pool): 01:01.10 SB: 01:02.93 Aalst 26/04/2026

	5 0 M	1 0 0 M	
PB	00:28.67	01:02.26	
	00:28.67	00:33.59	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN Heat:1, starttime: 09:12

Heat: 1/8 Lane : 4 Athlete: CIRIELLO ILARIA Q-time: 01:11:47

PB (50m pool): 01:11.47 SportinGenk Park 21/04/2025 PB (25m pool): 01:10.47 SB: 01:11.64 Charleroi 15/02/2026

	5 0 M	1 0 0 M	
PB	00:33.33	01:11.47	
	00:33.33	00:38.14	
			

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN Heat:1, starttime: 09:26

Heat: 1/5 Lane : 2 Athlete: ZEGAYE IMRANE Q-time: 02:20:47

PB (50m pool): 02:20.47 Charleroi 16/02/2025 PB (25m pool): no time SB: 02:30.55 Charleroi 15/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.53	01:07.72	01:45.01	02:20.47	
	00:32.53	00:35.19	00:37.29	00:35.46	
					

Coach feedback:

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Event number: 3: 200M BACKSTROKE MEN					Heat:3, starttime: 09:33
Heat: 3/5 Lane : 3 Athlete: BENNANI WALID					Q-time: 02:07:77
PB (50m pool): 02:07.77 Antwerpen 27/04/2025					PB (25m pool): 02:03.47 SB: 02:08.54 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.82	01:02.45	01:35.07	02:07.77	
	00:29.82	00:32.63	00:32.62	00:32.70	
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN					Heat:3, starttime: 10:58
Heat: 3/12 Lane : 3 Athlete: BENNANI WALID					Q-time: 00:25:29
PB (50m pool): 00:25.29 Antwerpen 27/07/2025					PB (25m pool): 00:25.40 SB: no time
	5 0 M				
PB	00:25.29				
	00:25.29				
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN					Heat:4, starttime: 11:14
Heat: 4/8 Lane : 3 Athlete: BENNANI MARYAM					Q-time: 00:32:05
PB (50m pool): 00:32.05 Antwerpen 27/07/2025					PB (25m pool): 00:32.44 SB: 00:33.23 Aalst 26/04/2026
	5 0 M				
PB	00:32.05				
	00:32.05				
					

Coach feedback: