

# OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: HZA

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

Coaches: Cannaerts Jens

PB => Personal Best time

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

## Event number: 1: 100M BUTTERFLY MEN

Heat:5, starttime: 09:06

Heat: 5/7 Lane : 2 Athlete: LEIRS BAVO

Q-time: 00:57:12

PB (50m pool): 00:57.12 Antwerpen 22/03/2026

PB (25m pool): 00:56.53 SB: 00:57.12 Antwerpen 22/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:26.79  | 00:57.12  |  |
|    | 00:26.79  | 00:30.33  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 2: 100M BUTTERFLY WOMEN

Heat:2, starttime: 09:13

Heat: 2/8 Lane : 3 Athlete: VAN LOOY ANKE

Q-time: 01:10:03

PB (50m pool): 01:10.03 Lago Gent Rozebroeken 04/05/2025

PB (25m pool): 01:10.86 SB: 01:10.43 Antwerpen 15/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | no time   | 01:10.03  |  |
|    | no time   |           |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 2: 100M BUTTERFLY WOMEN

Heat:6, starttime: 09:20

Heat: 6/8 Lane : 2 Athlete: ROMBOUT LISA

Q-time: 01:04:77

PB (50m pool): 01:03.97 Antwerpen 28/07/2024

PB (25m pool): 01:03.36 SB: 01:04.77 Antwerpen 22/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | no time   | 01:03.97  |  |
|    | no time   |           |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

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|                                              |           |  |  |  |  |  |                                                          |  |  |
|----------------------------------------------|-----------|--|--|--|--|--|----------------------------------------------------------|--|--|
| Event number: 6: 50M BREASTSTROKE WOMEN      |           |  |  |  |  |  | Heat:6, starttime: 10:24                                 |  |  |
| Heat: 6/6 Lane : 2 Athlete: STRUYF LIESELOT  |           |  |  |  |  |  | Q-time: 00:34:25                                         |  |  |
| PB (50m pool): 00:34.15 Antwerpen 28/07/2024 |           |  |  |  |  |  | PB (25m pool): 00:33.53SB: 00:35.24 Antwerpen 22/03/2026 |  |  |
|                                              | 5 0 M     |  |  |  |  |  |                                                          |  |  |
| PB                                           | 00:34.15  |  |  |  |  |  |                                                          |  |  |
|                                              | 00:34.15  |  |  |  |  |  |                                                          |  |  |
|                                              | . . . . . |  |  |  |  |  |                                                          |  |  |

Coach feedback:

|                                    |           |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |                      |  |  |  |  |              |  |  |  |  |                      |  |  |  |  |
|------------------------------------|-----------|--|--|--|--|--|--|--|--|---------------------------|--|--|--|--|--|--|--|--|--|-------------------------|--|--|--|--|----------------------|--|--|--|--|--------------|--|--|--|--|----------------------|--|--|--|--|
| Event number: 9: 50M FREESTYLE MEN |           |  |  |  |  |  |  |  |  | Heat:10, starttime: 11:05 |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |                      |  |  |  |  |              |  |  |  |  |                      |  |  |  |  |
| Heat: 10/12                        |           |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  | Lane : 7                |  |  |  |  | Athlete: BERGES JENS |  |  |  |  |              |  |  |  |  | Q-time: 00:23:66     |  |  |  |  |
| PB (50m pool): 00:23.62            |           |  |  |  |  |  |  |  |  | Antwerpen 28/07/2024      |  |  |  |  |  |  |  |  |  | PB (25m pool): 00:22.51 |  |  |  |  |                      |  |  |  |  | SB: 00:23.66 |  |  |  |  | Antwerpen 22/03/2026 |  |  |  |  |
|                                    | 5 0 M     |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |                      |  |  |  |  |              |  |  |  |  |                      |  |  |  |  |
| PB                                 | 00:23.62  |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |                      |  |  |  |  |              |  |  |  |  |                      |  |  |  |  |
|                                    | 00:23.62  |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |                      |  |  |  |  |              |  |  |  |  |                      |  |  |  |  |
|                                    | . . . . . |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |                      |  |  |  |  |              |  |  |  |  |                      |  |  |  |  |

Coach feedback: