

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

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

Coaches: Konings Antoinette 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 : 1 Athlete: HAUBEN SANDER

Q-time: 01:01:38

PB (50m pool): 01:01.38 Antwerpen 27/07/2025

PB (25m pool): 00:59.05 SB: 01:02.80 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:27.89	01:01.38	
	00:27.89	00:33.49	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN

Heat:4, starttime: 10:07

Heat: 4/9 Lane : 3 Athlete: CROES MATISSE

Q-time: 01:09:61

PB (50m pool): 01:09.61 SportinGenk Park 06/04/2026

PB (25m pool): 01:06.77 SB: 01:09.61 SportinGenk Park 06/04/2026

	5 0 M	1 0 0 M	
PB	00:31.05	01:09.61	
	00:31.05	00:38.56	
			

Coach feedback:

Event number: 7: 400M FREESTYLE MEN

Heat:2, starttime: 10:32

Heat: 2/3 Lane : 1 Athlete: VANGROOTLOON JEF

Q-time: 04:07:09

PB (50m pool): 04:07.09 Antwerpen 22/03/2026

PB (25m pool): 04:08.28 SB: 04:07.09 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	00:27.05	00:57.58	01:28.83	02:00.73	02:32.82	03:05.03	03:37.02	04:07.09
	00:27.05	00:30.53	00:31.25	00:31.90	00:32.09	00:32.21	00:31.99	00:30.07
								

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN							Heat:4, starttime: 10:59		
Heat: 4/12 Lane : 5 Athlete: CROES MATISSE							Q-time: 00:25:13		
PB (50m pool): 00:25.13 SportinGenk Park 06/04/2026							PB (25m pool): 00:23.81 SB: 00:25.13 SportinGenk Park 06/04/2026		
	5 0 M								
PB	00:25.13								
	00:25.13								
									

Coach feedback:

Event number: 9: 50M FREESTYLE MEN										Heat:9, starttime: 11:04																			
Heat: 9/12 Lane : 1 Athlete: VANGROOTLOON JEF																				Q-time: 00:24:19									
PB (50m pool): 00:24.19 Antwerpen 08/03/2026										PB (25m pool): 00:24.30SB: 00:24.19 Antwerpen 08/03/2026																			
		5 0 M																											
PB		00:24.19																											
		00:24.19																											
																													

Coach feedback: