

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

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

Coaches: LEPLA MARTINE

Coaches: DELIE DRIES

PB => Personal Best time

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

Event number: 7: 400M FREESTYLE MEN Heat:1, starttime: 10:26

Heat: 1/3 Lane : 4 Athlete: DELIE VICO							Q-time: 04:09:07	
PB (50m pool): 04:09.07 Antwerpen 08/03/2026				PB (25m pool): 04:53.66SB: 04:09.07 Antwerpen 08/03/2026				
	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	00:27.62	00:57.70	01:29.35	02:01.63	02:34.19	03:06.20	03:38.31	04:09.07
	00:27.62	00:30.08	00:31.65	00:32.28	00:32.56	00:32.01	00:32.11	00:30.76
								

Coach feedback:

Event number: 9: 50M FREESTYLE MEN Heat:4, starttime: 10:59

Heat: 4/12 Lane : 6 Athlete: VANDERHAEGHE ANTWAN							Q-time: 00:25:18	
PB (50m pool): 00:25.18 Antwerpen 22/03/2026				PB (25m pool): 00:24.88 SB: 00:25.18 Antwerpen 22/03/2026				
	5 0 M							
PB	00:25.18							
	00:25.18							
								

Coach feedback: