

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

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

Coaches: Lievens Stijn HEADCOACH

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE MEN

Heat:5, starttime: 09:40

Heat: 5/5 Lane : 7 Athlete: RAES DRIES

Q-time: 02:15:76

PB (50m pool): 02:15.76 Antwerpen 27/07/2025

PB (25m pool): 02:11.33 SB: 02:19.71 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.35	01:05.86	01:41.91	02:15.76	
	00:31.35	00:34.51	00:36.05	00:33.85	
					

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN

Heat:1, starttime: 09:43

Heat: 1/3 Lane : 4 Athlete: MEYER THYRVI

Q-time: 05:28:13

PB (50m pool): 05:28.13 Antwerp 09/02/2025

PB (25m pool): 05:17.13 SB: 05:32.62 Molenbeek 01/02/2026

	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	00:35.52	01:15.63	01:58.31	02:39.87	03:27.46	04:16.22	04:52.65	05:28.13
	00:35.52	00:40.11	00:42.68	00:41.56	00:47.59	00:48.76	00:36.43	00:35.48
								

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN

Heat:2, starttime: 10:19

Heat: 2/6 Lane : 1 Athlete: VERVLOESSEM SISKI

Q-time: 00:36:99

PB (50m pool): 00:36.37 Antwerpen 21/04/2024

PB (25m pool): 00:36.24 SB: 00:37.50 Antwerpen 15/03/2026

	5 0 M	
PB	00:36.37	
	00:36.37	
		

Coach feedback:

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Event number: 8: 200M FREESTYLE WOMEN					Heat:2, starttime: 10:45
Heat: 2/5 Lane : 2 Athlete: WOUTERS BRIANA					Q-time: 02:10:92
PB (50m pool): 02:08.89 Antwerpen 22/01/2023					PB (25m pool): 02:09.78 SB: 02:10.92 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:08.89	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:5, starttime: 10:53
Heat: 5/5 Lane : 3 Athlete: DELCOMMUNE ZINKE					Q-time: 02:03:72
PB (50m pool): 02:03.40 Antwerp 21/01/2024					PB (25m pool): 01:58.62 SB: 02:03.72 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:03.40	
	no time				
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN					Heat:6, starttime: 11:17
Heat: 6/8 Lane : 7 Athlete: WOUTERS BRIANA					Q-time: 00:30:90
PB (50m pool): 00:30.90 Antwerpen 22/03/2026					PB (25m pool): 00:29.75 SB: 00:30.90 Antwerpen 22/03/2026
	5 0 M				
PB	00:30.90				
	00:30.90				
					

Coach feedback: