

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

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

Coaches: Bhija Younes HEADCOACH

Coaches: Destoop 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 : 3 Athlete: BHIJA TARIQ			Q-time: 00:56:67
PB (50m pool): 00:56.67 Antwerpen 22/03/2026			PB (25m pool): 00:57.04 SB: 00:56.67 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.68	00:56.67	
	00:26.68	00:29.99	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN Heat:4, starttime: 09:17

Heat: 4/8 Lane : 8 Athlete: BHIJA NOOR			Q-time: 01:08:38
PB (50m pool): 01:07.81 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:07.13 SB: 01:07.81 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:31.20	01:07.81	
	00:31.20	00:36.61	
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN Heat:6, starttime: 11:01

Heat: 6/12 Lane : 7 Athlete: BHIJA TARIQ			Q-time: 00:24:87
PB (50m pool): 00:24.87 Antwerpen 08/03/2026			PB (25m pool): 00:24.53 SB: 00:24.87 Antwerpen 08/03/2026
	5 0 M		
PB	00:24.87		
	00:24.87		
			

Coach feedback:

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Event number: 10: 50M BACKSTROKE WOMEN		Heat:1, starttime: 11:09
Heat: 1/8 Lane : 6 Athlete: BHIJA NOOR		Q-time: 00:33:50
PB (50m pool): 00:33.50 Gent 08/02/2026		PB (25m pool): 00:32.82 SB: 00:33.50 Gent 08/02/2026
	5 0 M	
PB	00:33.50	
	00:33.50	
		

Coach feedback: