

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

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

Coaches: Duck Chantal

Coaches: Hinnekens Rosan HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN			Heat:1, starttime: 09:00
Heat: 1/7 Lane : 7 Athlete: DELRUE REMI			Q-time: 01:04:47
PB (50m pool): 01:04.47 Antwerpen 27/07/2025			PB (25m pool): 01:04.62 SB: 01:05.90 Kortrijk 15/02/2026
	5 0 M	1 0 0 M	
PB	00:30.12	01:04.47	
	00:30.12	00:34.35	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:2, starttime: 09:02
Heat: 2/7 Lane : 2 Athlete: VERELZEN ROBBE			Q-time: 01:01:06
PB (50m pool): 01:01.06 Antwerpen 22/03/2026			PB (25m pool): 01:00.12 SB: 01:01.06 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.67	01:01.06	
	00:28.67	00:32.39	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:2, starttime: 09:02
Heat: 2/7 Lane : 4 Athlete: CHRISTIAENS STIJN			Q-time: 01:00:75
PB (50m pool): 01:00.75 Antwerpen 22/03/2026			PB (25m pool): 00:59.50 SB: 01:00.75 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.46	01:00.75	
	00:28.46	00:32.29	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN				Heat:2, starttime: 09:13	
Heat: 2/8 Lane : 4 Athlete: CHRISTIAENS JUTTA				Q-time: 01:09:50	
PB (50m pool): 01:09.50 Antwerpen 27/07/2025				PB (25m pool): 01:09.75 SB: 01:09.62 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:32.09	01:09.50			
	00:32.09	00:37.41			
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN					Heat:2, starttime: 09:30	
Heat: 2/5 Lane : 2 Athlete: DECUPERE ALEX					Q-time: 02:18:07	
PB (50m pool): 02:18.07 Antwerpen 22/03/2026					PB (25m pool): 02:12.82 SB: 02:18.07 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.23	01:07.52	01:43.68	02:18.07		
	00:32.23	00:35.29	00:36.16	00:34.39		
						

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN					Heat:3, starttime: 09:33	
Heat: 3/5 Lane : 8 Athlete: FEYS JONAH					Q-time: 02:17:15	
PB (50m pool): 02:17.15 Antwerpen 27/07/2025					PB (25m pool): 02:11.56 SB: 02:18.68 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.51	01:07.63	01:42.75	02:17.15		
	00:32.51	00:35.12	00:35.12	00:34.40		
						

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN							Heat:3, starttime: 09:55	
Heat: 3/3 Lane : 7 Athlete: DECOUTERE IMANI							Q-time: 05:14:46	
PB (50m pool): 05:14.46 Antwerpen 27/07/2025							PB (25m pool): 05:05.86 SB: 05:15.78 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	00:32.19	01:10.18	01:49.65	02:28.40	03:15.48	04:03.44	04:39.62	05:14.46
	00:32.19	00:37.99	00:39.47	00:38.75	00:47.08	00:47.96	00:36.18	00:34.84
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE MEN				Heat:3, starttime: 10:05	
Heat: 3/9 Lane : 3 Athlete: CHRISTIAENS STIJN				Q-time: 01:11:11	
PB (50m pool): 01:10.57 Antwerpen 22/01/2023				PB (25m pool): 01:05.86 SB: 01:11.41 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M			
PB	no time	01:10.57			
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN				Heat:6, starttime: 10:11	
Heat: 6/9 Lane : 7 Athlete: VERELZEN ROBBE				Q-time: 01:08:11	
PB (50m pool): 01:08.11 Antwerpen 27/07/2025				PB (25m pool): 01:06.16 SB: 01:08.94 Kortrijk 15/02/2026	
	5 0 M	1 0 0 M			
PB	00:31.52	01:08.11			
	00:31.52	00:36.59			
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:1, starttime: 10:42	
Heat: 1/5 Lane : 8 Athlete: VERMAUT CELINE					Q-time: 02:25:43	
PB (50m pool): 02:25.43 Antwerpen 13/07/2025					PB (25m pool): 02:23.47 SB: 02:28.00 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.11	01:09.80	01:47.61	02:25.43		
	00:33.11	00:36.69	00:37.81	00:37.82		
						

Coach feedback:

Event number: 9: 50M FREESTYLE MEN				Heat:1, starttime: 10:56	
Heat: 1/12 Lane : 2 Athlete: DELRUE REMI				Q-time: 00:28:72	
PB (50m pool): 00:28.72 Antwerpen 27/07/2025				PB (25m pool): no time SB: 00:28.81 Kortrijk 15/02/2026	
	5 0 M				
PB	00:28.72				
	00:28.72				
					

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN				Heat:2, starttime: 10:57	
Heat: 2/12 Lane : 4 Athlete: CHRISTIAENS STIJN				Q-time: 00:25:46	
PB (50m pool): 00:25.46 Kortrijk 15/02/2026				PB (25m pool): 00:24.50 SB: 00:25.46 Kortrijk 15/02/2026	
	5 0 M				
PB	00:25.46				
	00:25.46				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN				Heat:4, starttime: 10:59	
Heat: 4/12 Lane : 4 Athlete: FEYS JONAH				Q-time: 00:25:12	
PB (50m pool): 00:25.12 Antwerpen 22/03/2026				PB (25m pool): 00:24.48 SB: 00:25.12 Antwerpen 22/03/2026	
	5 0 M				
PB	00:25.12				
	00:25.12				
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN				Heat:1, starttime: 11:09	
Heat: 1/8 Lane : 2 Athlete: CHRISTIAENS JUTTA				Q-time: 00:33:65	
PB (50m pool): 00:33.65 Antwerpen 27/07/2025				PB (25m pool): 00:33.36 SB: 00:33.79 Antwerpen 22/03/2026	
	5 0 M				
PB	00:33.65				
	00:33.65				
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN				Heat:5, starttime: 11:15	
Heat: 5/8 Lane : 3 Athlete: DECOUTERE IMANI				Q-time: 00:31:50	
PB (50m pool): 00:31.50 Antwerpen 27/07/2025				PB (25m pool): 00:30.77 SB: 00:31.68 Brugge 01/02/2026	
	5 0 M				
PB	00:31.50				
	00:31.50				
					

Coach feedback: