

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

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

Coaches: Tampieri Matteo HEADCOACH

Coaches: Hendrickx Lander

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN			Heat:4, starttime: 09:05
Heat: 4/7 Lane : 4 Athlete: LISSENS TUUR			Q-time: 00:58:59
PB (50m pool): 00:58.59 Antwerpen 08/03/2026			PB (25m pool): 00:59.76 SB: 00:58.59 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.60	00:58.59	
	00:27.60	00:30.99	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:4, starttime: 09:05
Heat: 4/7 Lane : 6 Athlete: BERLAMONT DAAN			Q-time: 00:58:74
PB (50m pool): 00:58.74 Antwerpen 08/03/2026			PB (25m pool): 00:58.92 SB: 00:58.74 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.30	00:58.74	
	00:27.30	00:31.44	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:6, starttime: 09:08
Heat: 6/7 Lane : 3 Athlete: VERMAUT ARTHUR			Q-time: 00:56:24
PB (50m pool): 00:56.24 Antwerpen 22/03/2026			PB (25m pool): 00:56.07 SB: 00:56.24 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.23	00:56.24	
	00:26.23	00:30.01	
			

Coach feedback:

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Event number: 5: 100M BREASTSTROKE MEN			Heat:1, starttime: 10:02
Heat: 1/9 Lane : 3 Athlete: SOMEI THIBAUT			Q-time: 01:23:83
PB (50m pool): 01:24.85 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:22.02 SB: 01:24.85 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:37.78	01:24.85	
	00:37.78	00:47.07	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN			Heat:3, starttime: 10:05
Heat: 3/9 Lane : 5 Athlete: VAN HOOFF DAAN			Q-time: 01:10:99
PB (50m pool): 01:10.99 Antwerpen 22/03/2026			PB (25m pool): 01:05.82 SB: 01:10.99 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.07	01:10.99	
	00:33.07	00:37.92	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN			Heat:8, starttime: 10:14
Heat: 8/9 Lane : 4 Athlete: BAETEN LUKAS			Q-time: 01:01:73
PB (50m pool): 01:01.73 Antwerpen 27/07/2025			PB (25m pool): 01:02.12 SB: 01:03.04 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:28.92	01:01.73	
	00:28.92	00:32.81	
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN			Heat:5, starttime: 10:23
Heat: 5/6 Lane : 2 Athlete: SCHOEFS ELISE			Q-time: 00:34:60
PB (50m pool): 00:33.58 ANTWERPEN 23/04/2023			PB (25m pool): 00:33.37 SB: no time
	5 0 M		
PB	00:33.58		
	00:33.58		
			

Coach feedback:

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Event number: 6: 50M BREASTSTROKE WOMEN				Heat:6, starttime: 10:24			
Heat: 6/6 Lane : 7 Athlete: WATELLE NONA				Q-time: 00:34:81			
PB (50m pool): 00:34.81 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 00:35.40 SB: 00:34.81 Zwembad Brigitte Becue 26/04/2026			
	5 0 M						
PB	00:34.81						
	00:34.81						
							

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:3, starttime: 10:36	
Heat: 3/3 Lane : 8 Athlete: VERMAUT ARTHUR							Q-time: 04:07:94	
PB (50m pool): 04:07.94 Olympic Pool Wezenberg, Antwer 29/03/2026							PB (25m pool): 04:09.06 SB: 04:07.94 Olympic Pool Wezenberg, Antwer 29/03/2026	
	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	00:28.34	00:59.89	01:32.38	02:04.71	02:35.62	03:06.90	03:38.06	04:07.94
	00:28.34	00:31.55	00:32.49	00:32.33	00:30.91	00:31.28	00:31.16	00:29.88
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:4, starttime: 10:50	
Heat: 4/5 Lane : 4 Athlete: VANDERLINDEN SIRI					Q-time: 01:59:86	
PB (50m pool): 01:59.86 Antwerpen 22/03/2026					PB (25m pool): 01:57.90 SB: 01:59.86 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:28.00	00:58.20	01:29.18	01:59.86		
	00:28.00	00:30.20	00:30.98	00:30.68		
						

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:5, starttime: 10:53	
Heat: 5/5 Lane : 2 Athlete: ADELMANN CLARA CENXI					Q-time: 02:07:01	
PB (50m pool): 02:08.43 Antwerp 09/02/2025					PB (25m pool): 02:08.35 SB: 02:09.20 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.44	01:01.66	01:35.39	02:08.43		
	00:29.44	00:32.22	00:33.73	00:33.04		
						

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN				Heat:1, starttime: 10:56	
Heat: 1/12 Lane : 7 Athlete: SOMEI THIBAUT				Q-time: 00:28:79	
PB (50m pool): 00:29.02 Antwerp 09/02/2025				PB (25m pool): 00:29.48 SB: 00:29.20 Olympic Pool Wezenberg, Antwer 29	
	5 0 M				
PB	00:29.02				
	00:29.02				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN				Heat:3, starttime: 10:58	
Heat: 3/12 Lane : 6 Athlete: VAN HOOFF DAAN				Q-time: 00:25:30	
PB (50m pool): 00:25.30 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 00:24.25 SB: 00:25.30 Zwembad Brigitte Becue 26/04/2026	
	5 0 M				
PB	00:25.30				
	00:25.30				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN				Heat:6, starttime: 11:01	
Heat: 6/12 Lane : 2 Athlete: GEUENS LARS				Q-time: 00:24:86	
PB (50m pool): 00:24.75 Antwerpen 21/04/2024				PB (25m pool): 00:23.81 SB: 00:24.86 Olympic Pool Wezenberg, Antwer 29	
	5 0 M				
PB	00:24.75				
	00:24.75				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN				Heat:6, starttime: 11:01	
Heat: 6/12 Lane : 6 Athlete: SPADEA TOMMASO				Q-time: 00:24:82	
PB (50m pool): 00:24.82 Olympic Pool Wezenberg, Antwer 30/03/2026				PB (25m pool): 00:24.31 SB: 00:24.92 Wezenberg 03/01/2026	
	5 0 M				
PB	00:24.82				
	00:24.82				
					

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN										Heat:8, starttime: 11:03																				
Heat: 8/12 Lane : 8 Athlete: BERLAMONT DAAN																				Q-time: 00:24:46										
PB (50m pool): 00:24.46 Zwembad Brigitte Becue 26/04/2026																				PB (25m pool): 00:24.44 SB: 00:24.46 Zwembad Brigitte Becue 26/04/2026										
	5 0 M																													
PB	00:24.46																													
	00:24.46																													
																														

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED							Heat:1, starttime: 11:22	
Heat: 1/1 Lane : 6 Athlete: TEAM LAQUA 1							Q-time: 04:08:20	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: