

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

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

Coaches: Verbauwen Carine 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 : 2 Athlete: DE JAEGER ANTON

Q-time: 01:03:38

PB (50m pool): 01:03.38 Antwerpen 27/07/2025

PB (25m pool): 01:02.83 SB: 01:07.27 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:29.97	01:03.38	
	00:29.97	00:33.41	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN

Heat:3, starttime: 09:03

Heat: 3/7 Lane : 6 Athlete: LEROUX WOUT

Q-time: 00:59:77

PB (50m pool): 00:59.40 Lago Gent Rozebroeken 03/05/2026

PB (25m pool): 00:59.33 SB: 00:59.40 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:27.95	00:59.40	
	00:27.95	00:31.45	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN

Heat:5, starttime: 09:06

Heat: 5/7 Lane : 1 Athlete: SCHRAM THOR

Q-time: 00:58:08

PB (50m pool): 00:58.08 Antwerpen 22/03/2026

PB (25m pool): 00:57.90 SB: 00:58.08 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:27.40	00:58.08	
	00:27.40	00:30.68	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN			Heat:3, starttime: 09:15
Heat: 3/8 Lane : 8 Athlete: SCHRAM MILA			Q-time: 01:09:48
PB (50m pool): 01:09.48 Antwerpen 08/03/2026			PB (25m pool): 01:08.44 SB: 01:09.48 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.26	01:09.48	
	00:31.26	00:38.22	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN			Heat:6, starttime: 09:20
Heat: 6/8 Lane : 1 Athlete: DE DECKER FEBE			Q-time: 01:06:02
PB (50m pool): 01:05.90 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:05.26 SB: 01:05.90 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:31.03	01:05.90	
	00:31.03	00:34.87	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN			Heat:6, starttime: 09:20
Heat: 6/8 Lane : 7 Athlete: MATTHEEUWS LIE			Q-time: 01:05:27
PB (50m pool): 01:05.27 Antwerpen 27/07/2025			PB (25m pool): 01:03.35 SB: 01:05.73 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:29.52	01:05.27	
	00:29.52	00:35.75	
			

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN				Heat:2, starttime: 09:30
Heat: 2/5 Lane : 7 Athlete: VAN DEURSEN SIEBE				Q-time: 02:18:11
PB (50m pool): 02:18.11 Antwerpen 27/07/2025				PB (25m pool): 02:13.27 SB: 02:24.25 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:31.69	01:06.07	01:42.44	02:18.11
	00:31.69	00:34.38	00:36.37	00:35.67
				

Coach feedback:

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Event number: 3: 200M BACKSTROKE MEN					Heat:5, starttime: 09:40
Heat: 5/5 Lane : 4 Athlete: VERRETH NOAH					Q-time: 01:59:79
PB (50m pool): 01:59.79 Antwerpen 22/03/2026					PB (25m pool): 01:54.91 SB: 01:59.79 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.78	00:58.22	01:29.14	01:59.79	
	00:27.78	00:30.44	00:30.92	00:30.65	
					

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN							Heat:2, starttime: 09:49	
Heat: 2/3 Lane : 1 Athlete: VINCK TINE							Q-time: 05:18:73	
PB (50m pool): 05:17.88 Eindhoven 24/03/2024							PB (25m pool): 05:12.85 SB: 05:22.49 Lochristi 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	no time	no time	no time	no time	no time	no time	no time	05:17.88
	no time							
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN					Heat:2, starttime: 10:04
Heat: 2/9 Lane : 1 Athlete: LAFAUT LEON					Q-time: 01:13:00
PB (50m pool): 01:13.00 Antwerpen 22/03/2026					PB (25m pool): 01:12.46 SB: 01:13.00 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:33.96	01:13.00			
	00:33.96	00:39.04			
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN					Heat:3, starttime: 10:05
Heat: 3/9 Lane : 4 Athlete: MCLEAN BRETT					Q-time: 01:10:97
PB (50m pool): 01:10.97 Antwerpen 22/03/2026					PB (25m pool): no time SB: 01:10.97 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:32.87	01:10.97			
	00:32.87	00:38.10			
					

Coach feedback:

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Event number: 6: 50M BREASTSTROKE WOMEN							Heat:6, starttime: 10:24	
Heat: 6/6 Lane : 5 Athlete: GOBERT LIES							Q-time: 00:32:49	
PB (50m pool): 00:32.56 Antwerpen 28/07/2024				PB (25m pool): 00:32.15SB: 00:32.88 Antwerpen 22/03/2026				
	5 0 M							
PB	00:32.56							
	00:32.56							
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:1, starttime: 10:26	
Heat: 1/3 Lane : 2 Athlete: KOCKX HENRI							Q-time: 04:15:91	
PB (50m pool): 04:15.91 Antwerpen 27/07/2025			PB (25m pool): 04:15.90SB: 04:21.74 Antwerpen 22/03/2026					
	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	00:29.05	01:00.51	01:32.77	02:05.63	02:38.26	03:10.96	03:43.68	04:15.91
	00:29.05	00:31.46	00:32.26	00:32.86	00:32.63	00:32.70	00:32.72	00:32.23
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:3, starttime: 10:36	
Heat: 3/3 Lane : 3 Athlete: JOOS RIES							Q-time: 03:56:71	
PB (50m pool): 04:03.76 Antwerpen 27/07/2025				PB (25m pool): no time SB: no time				
	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	00:27.64	00:57.19	01:28.02	01:58.95	02:30.24	03:01.27	03:32.96	04:03.76
	00:27.64	00:29.55	00:30.83	00:30.93	00:31.29	00:31.03	00:31.69	00:30.80
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:1, starttime: 10:42
Heat: 1/5 Lane : 4 Athlete: VINCK TINE				Q-time: 02:11:56	
PB (50m pool): 02:10.47 Antwerpen 21/04/2024			PB (25m pool): 02:08.20 SB: 02:11.56 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:10.47	
	<i>no time</i>				
					

Coach feedback:

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Event number: 8: 200M FREESTYLE WOMEN					Heat:2, starttime: 10:45
Heat: 2/5 Lane : 8 Athlete: DE DECKER FEBE					Q-time: 02:11:49
PB (50m pool): 02:11.49 Antwerpen 22/03/2026					PB (25m pool): 02:08.27 SB: 02:11.49 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.04	01:03.34	01:37.00	02:11.49	
	00:30.04	00:33.30	00:33.66	00:34.49	
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:3, starttime: 10:47
Heat: 3/5 Lane : 8 Athlete: VAN GYSEL MAITE					Q-time: 02:09:86
PB (50m pool): 02:09.28 Antwerpen 21/04/2024					PB (25m pool): 02:06.05 SB: 02:10.80 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:09.28	
	no time				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN					Heat:1, starttime: 10:56
Heat: 1/12 Lane : 6 Athlete: DE JAEGER ANTON					Q-time: 00:26:72
PB (50m pool): 00:26.72 Antwerpen 27/07/2025					PB (25m pool): 00:26.32 SB: no time
	5 0 M				
PB	00:26.72				
	00:26.72				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN					Heat:2, starttime: 10:57
Heat: 2/12 Lane : 2 Athlete: LEROUX WOUT					Q-time: 00:25:53
PB (50m pool): 00:25.53 Antwerpen 22/03/2026					PB (25m pool): 00:25.28 SB: 00:25.53 Antwerpen 22/03/2026
	5 0 M				
PB	00:25.53				
	00:25.53				
					

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN										Heat:5, starttime: 11:00																				
Heat: 5/12 Lane : 2 Athlete: SCHRAM THOR																				Q-time: 00:25:02										
PB (50m pool): 00:25.02 Antwerpen 22/03/2026										PB (25m pool): 00:24.61 SB: 00:25.02 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:25.02																													
	00:25.02																													
																														

Coach feedback:

Event number: 9: 50M FREESTYLE MEN										Heat:10, starttime: 11:05																													
Heat: 10/12																				Lane : 8					Athlete: DE MUL TOM										Q-time: 00:23:98				
PB (50m pool): 00:23.98										Antwerpen 27/04/2025										PB (25m pool): 00:22.96										SB: 00:24.11					Amersfoort 22/02/2026				
	5 0 M																																						
PB	00:23.98																																						
	00:23.98																																						
																																							

Coach feedback:

Event number: 9: 50M FREESTYLE MEN										Heat:12, starttime: 11:07																													
Heat: 12/12																				Lane : 2					Athlete: BAEYE LEON										Q-time: 00:23:28				
PB (50m pool): 00:23.28										Antwerpen 22/03/2026										PB (25m pool): 00:22.38										SB: 00:23.28					Antwerpen 22/03/2026				
	5 0 M																																						
PB	00:23.28																																						
	00:23.28																																						
																																							

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:2, starttime: 11:10		
Heat: 2/8 Lane : 4 Athlete: VANGAMPELAERE LAURA							Q-time: 00:32:86		
PB (50m pool): 00:32.49 Antwerpen 21/04/2024							PB (25m pool): 00:31.58 SB: 00:33.31 Amersfoort 22/02/2026		
	5 0 M								
PB	00:32.49								
	00:32.49								
									

Coach feedback:

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Event number: 10: 50M BACKSTROKE WOMEN							Heat:4, starttime: 11:14		
Heat: 4/8 Lane : 1 Athlete: SCHRAM MILA							Q-time: 00:32:21		
PB (50m pool): 00:32.21 Antwerpen 08/03/2026							PB (25m pool): 00:32.09SB: 00:32.21 Antwerpen 08/03/2026		
	5 0 M								
PB	00:32.21								
	00:32.21								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:4, starttime: 11:14		
Heat: 4/8 Lane : 6 Athlete: BLANCQUAERT CAMILLE							Q-time: 00:32:15		
PB (50m pool): 00:32.15 Antwerpen 08/03/2026							PB (25m pool): 00:32.22 SB: 00:32.15 Antwerpen 08/03/2026		
	5 0 M								
PB	00:32.15								
	00:32.15								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:7, starttime: 11:19		
Heat: 7/8 Lane : 1 Athlete: HUENS NOOR							Q-time: 00:31:01		
PB (50m pool): 00:31.01 Antwerpen 22/03/2026							PB (25m pool): 00:30.42 SB: 00:31.01 Antwerpen 22/03/2026		
	5 0 M								
PB	00:31.01								
	00:31.01								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:7, starttime: 11:19	
Heat: 7/8 Lane : 2 Athlete: MATTHEEUWS LIE							Q-time: 00:30:61	
PB (50m pool): 00:30.13 Antwerpen 21/04/2024							PB (25m pool): 00:29.15SB: 00:30.61 Antwerpen 22/03/2026	
	5 0 M							
PB	00:30.13							
	00:30.13							
								

Coach feedback:

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

Event number: 10: 50M BACKSTROKE WOMEN		Heat:8, starttime: 11:20
Heat: 8/8 Lane : 6 Athlete: VANHEUVERBEKE MARTHE		Q-time: 00:29:90
PB (50m pool): 00:29.68 Antwerpen 21/04/2024 PB (25m pool): 00:28.45 SB: no time		
	5 0 M	
PB	00:29.68	
	00:29.68	
		

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN		Heat:8, starttime: 11:20
Heat: 8/8 Lane : 7 Athlete: VAN BRABANDT JULIETTE		Q-time: 00:30:69
PB (50m pool): 00:30.69 Antwerpen 27/04/2025 PB (25m pool): 00:28.92 SB: 00:30.74 Antwerpen 22/03/2026		
	5 0 M	
PB	00:30.69	
	00:30.69	
		

Coach feedback: