

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

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

Coaches: DEHAUDT Fernando HEADCOACH

PB => Personal Best time

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

Event number: 7: 400M FREESTYLE MEN

Heat:2, starttime: 10:32

Heat: 2/3 Lane : 8 Athlete: DEHAUDT FERNANDO

Q-time: 04:08:06

PB (50m pool): 04:00.04 ANTWERPEN 23/04/2023

PB (25m pool): 03:53.35 SB: 04:09.01 Lago Kortrijk Weide 03/05/2026

	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	04:00.04
	no time							
								

Coach feedback: