

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

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

Coaches: Terryen Julien

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE MEN					Heat:1, starttime: 09:26
Heat: 1/5 Lane : 4 Athlete: VAN DAELE DAAN					Q-time: 02:18:84
PB (50m pool): 02:18.84 Antwerpen 22/03/2026					PB (25m pool): 02:16.73 SB: 02:18.84 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.41	01:06.20	01:42.52	02:18.84	
	00:31.41	00:34.79	00:36.32	00:36.32	
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN					Heat:2, starttime: 10:04
Heat: 2/9 Lane : 3 Athlete: VANDORPE DANTE					Q-time: 01:12:66
PB (50m pool): 01:12.44 Antwerpen 28/07/2024					PB (25m pool): 01:10.81 SB: 01:14.98 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	no time	01:12.44			
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN					Heat:3, starttime: 10:05
Heat: 3/9 Lane : 1 Athlete: VAN DAELE DAAN					Q-time: 01:11:78
PB (50m pool): 01:11.78 Antwerpen 22/03/2026					PB (25m pool): 01:09.23 SB: 01:11.78 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:34.35	01:11.78			
	00:34.35	00:37.43			
					

Coach feedback:

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Event number: 10: 50M BACKSTROKE WOMEN										Heat:6, starttime: 11:17																					
Heat: 6/8 Lane : 2 Athlete: BEIJNSBERGER MARE																				Q-time: 00:30:63											
PB (50m pool): 00:30.63 Antwerpen 27/07/2025										PB (25m pool): 00:30.94 SB: 00:30.80 Antwerpen 22/03/2026																					
		5 0 M																													
PB		00:30.63																													
		00:30.63																													
																															

Coach feedback: