

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

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

Coaches: Matthijs Laurenz

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN			Heat:7, starttime: 09:10
Heat: 7/7 Lane : 3 Athlete: MEES RUBEN			Q-time: 00:56:11
PB (50m pool): 00:56.11 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:54.49 SB: 00:56.11 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:25.52	00:56.11	
	00:25.52	00:30.59	
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:9, starttime: 11:04
Heat: 9/12 Lane : 3 Athlete: MEES BRENT			Q-time: 00:24:08
PB (50m pool): 00:24.08 Olympic Pool Wezenberg, Antwer 29/04/2025			PB (25m pool): 00:23.19 SB: 00:24.08 Olympic Pool Wezenberg, Antwer 29/04/2025
	5 0 M		
PB	00:24.08		
	00:24.08		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:11, starttime: 11:06
Heat: 11/12 Lane : 1 Athlete: MEES RUBEN			Q-time: 00:23:78
PB (50m pool): 00:23.78 Antwerpen 27/04/2025			PB (25m pool): 00:23.67 SB: 00:23.91 Zwembad Brigitte Becue 26/04/2026
	5 0 M		
PB	00:23.78		
	00:23.78		
			

Coach feedback: