

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

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

Coaches: Van Hoof Natacha

Coaches: Laeremans Pieter

Coaches: Feyten Anne

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN				Heat:2, starttime: 09:13	
Heat: 2/8 Lane : 8 Athlete: MERTENS HELENA				Q-time: 01:11:31	
PB (50m pool): 01:11.31 SportinGenk Park 21/04/2025				PB (25m pool): 01:09.01 SB: 01:11.43 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:33.12	01:11.31			
	00:33.12	00:38.19			
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN				Heat:3, starttime: 09:15	
Heat: 3/8 Lane : 1 Athlete: BOVEN AXELLE				Q-time: 01:09:24	
PB (50m pool): 01:08.87 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:06.54 SB: 01:08.87 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:32.11	01:08.87			
	00:32.11	00:36.76			
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN				Heat:1, starttime: 10:42	
Heat: 1/5 Lane : 2 Athlete: MERTENS HELENA				Q-time: 02:12:49	
PB (50m pool): 02:12.49 Antwerpen 27/04/2025				PB (25m pool): 02:09.35 SB: 02:13.95 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.49	01:03.81	01:38.45	02:12.49	
	00:30.49	00:33.32	00:34.64	00:34.04	
					

Coach feedback:

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Event number: 10: 50M BACKSTROKE WOMEN							Heat:3, starttime: 11:12		
Heat: 3/8 Lane : 1 Athlete: BOVEN AXELLE							Q-time: 00:32:63		
PB (50m pool): 00:32.63 Wezenberg 01/02/2026							PB (25m pool): 00:31.50SB: 00:32.63 Wezenberg 01/02/2026		
	5 0 M								
PB	00:32.63								
	00:32.63								
									

Coach feedback: