

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

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

Coaches: Buyck Tine

Coaches: Lasoen Sam HEADCOACH

PB => Personal Best time

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

Event number: 8: 200M FREESTYLE WOMEN

Heat:3, starttime: 10:47

Heat: 3/5 Lane : 7 Athlete: VAN AVONDT LINA

Q-time: 02:08:50

PB (50m pool): 02:08.50 Antwerpen 27/07/2025

PB (25m pool): 02:07.30 SB: 02:10.17 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.86	01:02.54	01:36.11	02:08.50	
	00:29.86	00:32.68	00:33.57	00:32.39	
					

Coach feedback: