

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE MEN Heat:2, starttime: 09:30

Heat: 2/5 Lane : 1 Athlete: VAN DE GENDER WOUT					Q-time: 02:18:25
PB (50m pool): 02:18.25 Antwerpen 22/03/2026					PB (25m pool): 02:17.21 SB: 02:18.25 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.88	01:06.08	01:42.11	02:18.25	
	00:31.88	00:34.20	00:36.03	00:36.14	
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN Heat:3, starttime: 09:33

Heat: 3/5 Lane : 4 Athlete: VAN HOEY BILLIET ALEXANDER					Q-time: 02:04:07
PB (50m pool): 02:04.07 Antwerpen 22/03/2026					PB (25m pool): 01:58.22 SB: 02:04.07 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.67	01:00.18	01:32.46	02:04.07	
	00:28.67	00:31.51	00:32.28	00:31.61	
					

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN Heat:1, starttime: 09:43

Heat: 1/3 Lane : 6 Athlete: DELPORTE LOTTE								Q-time: 05:31:56
PB (50m pool): 05:31.56 Antwerpen 27/07/2025								PB (25m pool): 05:24.85 SB: 05:32.11 Lago Gent Rozebroeken 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	00:35.91	01:18.38	02:00.89	02:42.42	03:30.34	04:19.41	04:55.90	05:31.56
	00:35.91	00:42.47	00:42.51	00:41.53	00:47.92	00:49.07	00:36.49	00:35.66
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE MEN			Heat:9, starttime: 10:16
Heat: 9/9 Lane : 1 Athlete: ORBAN OLIVIER			Q-time: 01:05:84
PB (50m pool): 01:05.84 Antwerp 09/02/2025			PB (25m pool): 01:02.36 SB: 01:08.20 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.36	01:05.84	
	00:31.36	00:34.48	
			

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN				Heat:1, starttime: 10:42
Heat: 1/5 Lane : 7 Athlete: DELPORTE LOTTE				Q-time: 02:14:89
PB (50m pool): 02:14.78 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 02:12.31 SB: 02:14.78 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:32.86	01:06.10	01:40.40	02:14.78
	00:32.86	00:33.24	00:34.30	00:34.38
				

Coach feedback: