

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

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

Coaches: Guldentops Kevin

Coaches: Hanssens Yash

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN			Heat:1, starttime: 09:00
Heat: 1/7 Lane : 6 Athlete: WAELPUT THOMAS			Q-time: 01:02:34
PB (50m pool): 01:02.34 Mol 22/06/2025			PB (25m pool): 01:00.35 SB: 01:04.25 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.28	01:02.34	
	00:29.28	00:33.06	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:2, starttime: 09:02
Heat: 2/7 Lane : 5 Athlete: BOODTS GERBEN			Q-time: 01:00:97
PB (50m pool): 01:00.97 Antwerpen 22/03/2026			PB (25m pool): 01:01.11 SB: 01:00.97 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.65	01:00.97	
	00:28.65	00:32.32	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN			Heat:3, starttime: 09:15
Heat: 3/8 Lane : 2 Athlete: VAN BUNDER INEZ			Q-time: 01:08:91
PB (50m pool): 01:08.17 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:07.60 SB: 01:08.17 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:32.30	01:08.17	
	00:32.30	00:35.87	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN							Heat:3, starttime: 09:15		
Heat: 3/8 Lane : 3 Athlete: MURAT IREM							Q-time: 01:08:70		
PB (50m pool): 01:08.70 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:07.78SB: 01:08.70 Sportoase De Watermolen 29/03/2026									
	5 0 M		1 0 0 M						
PB	00:31.79		01:08.70						
	00:31.79		00:36.91						
									

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN							Heat:3, starttime: 09:15		
Heat: 3/8 Lane : 5 Athlete: VAN BUNDER AMY							Q-time: 01:08:42		
PB (50m pool): 01:08.42 Antwerpen 08/03/2026							PB (25m pool): 01:06.88SB: 01:08.42 Antwerpen 08/03/2026		
	5 0 M		1 0 0 M						
PB	00:31.64		01:08.42						
	00:31.64		00:36.78						
									

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN				Heat:6, starttime: 09:20	
Heat: 6/8 Lane : 6 Athlete: DE BONT SAM				Q-time: 01:04:24	
PB (50m pool): 01:03.08 Antwerpen 28/07/2024				PB (25m pool): 01:02.99SB: 01:04.97 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	no time	01:03.08			
	no time				
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN					Heat:1, starttime: 09:26	
Heat: 1/5 Lane : 7 Athlete: BOODTS GERBEN					Q-time: 02:20:78	
PB (50m pool): 02:19.58 Antwerpen 21/04/2024					PB (25m pool): 02:14.41 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:19.58		
	<i>no time</i>					
						

Coach feedback:

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Event number: 3: 200M BACKSTROKE MEN					Heat:2, starttime: 09:30
Heat: 2/5 Lane : 8 Athlete: WAELPUT THOMAS					Q-time: 02:18:33
PB (50m pool): 02:18.33 Antwerpen 27/04/2025					PB (25m pool): 02:10.77 SB: 02:20.74 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.34	01:07.46	01:42.60	02:18.33	
	00:32.34	00:35.12	00:35.14	00:35.73	
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN					Heat:3, starttime: 09:33
Heat: 3/5 Lane : 1 Athlete: MICHIELS SIBE					Q-time: 02:16:68
PB (50m pool): 02:16.68 Antwerpen 08/03/2026					PB (25m pool): 02:11.40 SB: 02:16.68 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.01	01:05.97	01:42.32	02:16.68	
	00:31.01	00:34.96	00:36.35	00:34.36	
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN					Heat:5, starttime: 10:09
Heat: 5/9 Lane : 3 Athlete: SCIACCA LEANDRO					Q-time: 01:09:09
PB (50m pool): 01:09.09 Luxembourg 01/02/2026					PB (25m pool): 01:07.92 SB: 01:09.09 Luxembourg 01/02/2026
	5 0 M	1 0 0 M			
PB	00:32.23	01:09.09			
	00:32.23	00:36.86			
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN					Heat:4, starttime: 10:22
Heat: 4/6 Lane : 4 Athlete: LAGEY LISELOTTE					Q-time: 00:32:35
PB (50m pool): 00:33.53 Antwerpen 19/04/2026					PB (25m pool): no time SB: 00:33.53 Antwerpen 19/04/2026
	5 0 M				
PB	00:33.53				
	00:33.53				
					

Coach feedback:

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Event number: 8: 200M FREESTYLE WOMEN					Heat:4, starttime: 10:50
Heat: 4/5 Lane : 6 Athlete: DE BONT SAM					Q-time: 02:06:44
PB (50m pool): 02:07.43 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 02:06.09 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.52	01:02.13	01:34.61	02:07.43	
	00:29.52	00:32.61	00:32.48	00:32.82	
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:5, starttime: 10:53
Heat: 5/5 Lane : 5 Athlete: MICHIELS NORE					Q-time: 02:02:23
PB (50m pool): 02:02.23 Antwerpen 27/07/2025 PB (25m pool): 01:59.34 SB: 02:03.19 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.70	00:59.31	01:30.82	02:02.23	
	00:28.70	00:30.61	00:31.51	00:31.41	
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN			Heat:3, starttime: 11:12
Heat: 3/8 Lane : 3 Athlete: STESENS EMMA-LOUISE			Q-time: 00:32:44
PB (50m pool): 00:32.44 Antwerpen 22/03/2026 PB (25m pool): 00:31.70 SB: 00:32.44 Antwerpen 22/03/2026			
	5 0 M		
PB	00:32.44		
	00:32.44		
			

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN			Heat:4, starttime: 11:14
Heat: 4/8 Lane : 7 Athlete: LAGEY LISELOTTE			Q-time: 00:32:17
PB (50m pool): 00:33.58 Antwerpen 19/04/2026 PB (25m pool): no time SB: 00:33.58 Antwerpen 19/04/2026			
	5 0 M		
PB	00:33.58		
	00:33.58		
			

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Event number: 10: 50M BACKSTROKE WOMEN							Heat:5, starttime: 11:15		
Heat: 5/8 Lane : 1 Athlete: VERLUYTEN LENI							Q-time: 00:31:85		
PB (50m pool): 00:31.85 Antwerpen 27/04/2025							PB (25m pool): 00:30.64SB: 00:32.03 Antwerpen 08/03/2026		
	5 0 M								
PB	00:31.85								
	00:31.85								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:5, starttime: 11:15		
Heat: 5/8 Lane : 6 Athlete: DE JONG SUZAN							Q-time: 00:31:58		
PB (50m pool): 00:31.66 Antwerpen 22/03/2026							PB (25m pool): 00:31.15 SB: 00:31.66 Antwerpen 22/03/2026		
	5 0 M								
PB	00:31.66								
	00:31.66								
									

Coach feedback: