

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

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

Coaches: Nuytten Stefanie HEADCOACH

Coaches: Backs Hubert

Coaches: Desmet Carl

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 : 4 Athlete: WAERNIERS BERE			Q-time: 00:54:70
PB (50m pool): 00:54.70 Antwerpen 22/03/2026			PB (25m pool): 00:53.93 SB: 00:54.70 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.46	00:54.70	
	00:25.46	00:29.24	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN			Heat:4, starttime: 09:17
Heat: 4/8 Lane : 5 Athlete: LINSKENS ELLOISE			Q-time: 01:08:16
PB (50m pool): 01:08.16 Antwerpen 22/03/2026			PB (25m pool): 01:09.43 SB: 01:08.16 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.43	01:08.16	
	00:31.43	00:36.73	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN			Heat:4, starttime: 09:17
Heat: 4/8 Lane : 7 Athlete: VANDEKERCKHOVE JULIETTE			Q-time: 01:08:28
PB (50m pool): 01:08.28 Antwerpen 20/07/2025			PB (25m pool): 01:07.13 SB: 01:09.11 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.87	01:08.28	
	00:31.87	00:36.41	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN							Heat:7, starttime: 09:22		
Heat: 7/8 Lane : 2 Athlete: DESMET LIEZE							Q-time: 01:04:67		
PB (50m pool): 01:04.67 Antwerpen 22/03/2026				PB (25m pool): 01:06.13SB: 01:04.67 Antwerpen 22/03/2026					
	5 0 M		1 0 0 M						
PB	00:30.19		01:04.67						
	00:30.19		00:34.48						
									

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN							Heat:8, starttime: 09:24		
Heat: 8/8 Lane : 3 Athlete: LAMMENS MARY							Q-time: 01:02:29		
PB (50m pool): 01:02.29 Antwerpen 08/03/2026							PB (25m pool): 01:02.38SB: 01:02.29 Antwerpen 08/03/2026		
	5 0 M		1 0 0 M						
PB	00:29.22		01:02.29						
	00:29.22		00:33.07						
									

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN							Heat:8, starttime: 09:24		
Heat: 8/8 Lane : 6 Athlete: DE BRUYCKER CHLOë							Q-time: 01:03:12		
PB (50m pool): 01:03.12 Antwerpen 22/03/2026				PB (25m pool): 01:01.76SB: 01:03.12 Antwerpen 22/03/2026					
	5 0 M		1 0 0 M						
PB	00:29.63		01:03.12						
	00:29.63		00:33.49						
									

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN					Heat:4, starttime: 09:36	
Heat: 4/5 Lane : 8 Athlete: KINDT LIAM					Q-time: 02:16:86	
PB (50m pool): 02:16.86 Antwerpen 22/03/2026			PB (25m pool): 02:11.15SB: 02:16.86 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.31	01:06.53	01:41.64	02:16.86		
	00:31.31	00:35.22	00:35.11	00:35.22		
						

Coach feedback:

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Event number: 3: 200M BACKSTROKE MEN					Heat:5, starttime: 09:40
Heat: 5/5 Lane : 2 Athlete: THONON MATISSE					Q-time: 02:12:61
PB (50m pool): 02:12.61 Antwerpen 08/03/2026					PB (25m pool): 02:09.88 SB: 02:12.61 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.93	01:04.34	01:39.65	02:12.61	
	00:30.93	00:33.41	00:35.31	00:32.96	
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN					Heat:8, starttime: 10:14
Heat: 8/9 Lane : 5 Athlete: HUYGHELIER LOEK					Q-time: 01:02:43
PB (50m pool): 01:02.43 Antwerpen 22/03/2026					PB (25m pool): 00:59.85 SB: 01:02.43 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:28.66	01:02.43			
	00:28.66	00:33.77			
					

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:1, starttime: 10:26	
Heat: 1/3 Lane : 3 Athlete: DESMET LEENDERT							Q-time: 04:10:20	
PB (50m pool): 04:10.34 Antwerpen 27/07/2025				PB (25m pool): 04:04.01SB: 04:10.77 Antwerpen 22/03/2026				
	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	00:28.50	00:59.48	01:31.19	02:02.97	02:34.76	03:06.65	03:38.86	04:10.34
	00:28.50	00:30.98	00:31.71	00:31.78	00:31.79	00:31.89	00:32.21	00:31.48
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:2, starttime: 10:32	
Heat: 2/3 Lane : 6 Athlete: CLAERHOUT BAS							Q-time: 04:01:98	
PB (50m pool): 04:01.98 Antwerpen 27/07/2025							PB (25m pool): 03:48.98SB: no time	
	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	00:26.95	00:56.66	01:26.92	01:57.93	02:29.06	03:00.65	03:31.92	04:01.98
	00:26.95	00:29.71	00:30.26	00:31.01	00:31.13	00:31.59	00:31.27	00:30.06
								

Coach feedback:

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Event number: 8: 200M FREESTYLE WOMEN					Heat:2, starttime: 10:45
Heat: 2/5 Lane : 3 Athlete: DESMET LIEZE					Q-time: 02:10:33
PB (50m pool): 02:10.33 Antwerpen 22/03/2026			PB (25m pool): 02:07.33 SB: 02:10.33 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.76	01:02.71	01:36.51	02:10.33	
	00:29.76	00:32.95	00:33.80	00:33.82	
					

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN					Heat:3, starttime: 10:47
Heat: 3/5 Lane : 2 Athlete: LAMMENS MARY					Q-time: 02:07:59
PB (50m pool): 02:07.59 Antwerpen 08/03/2026			PB (25m pool): 02:04.79 SB: 02:07.59 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.08	01:03.19	01:35.58	02:07.59	
	00:30.08	00:33.11	00:32.39	00:32.01	
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN							Heat:10, starttime: 11:05		
Heat: 10/12 Lane : 2 Athlete: WAERNIERS BERE							Q-time: 00:23:35		
PB (50m pool): 00:23.35 Antwerpen 27/07/2025				PB (25m pool): 00:22.81 SB: 00:23.49 Antwerpen 22/03/2026					
	5 0 M								
PB	00:23.35								
	00:23.35								
									

Coach feedback: