

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

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

Coaches: Mertens Wenke

Coaches: Van de Weyer Rune

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 : 7 Athlete: VAN WAELDEREN THOMAS		Q-time: 00:57:77
PB (50m pool): 00:57.57 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 00:57.55 SB: 00:57.57 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M
PB	00:27.43	00:57.57
	00:27.43	00:30.14
		

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN

Heat:5, starttime: 10:09

Heat: 5/9 Lane : 6 Athlete: VAN WAELDEREN THOMAS		Q-time: 01:09:13
PB (50m pool): 01:09.13 Antwerpen 22/03/2026		PB (25m pool): 01:07.65 SB: 01:09.13 Antwerpen 22/03/2026
	5 0 M	1 0 0 M
PB	00:32.07	01:09.13
	00:32.07	00:37.06
		

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN

Heat:1, starttime: 10:18

Heat: 1/6 Lane : 4 Athlete: VINGERHOETS MADELIEF		Q-time: 00:37:08
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN										Heat:5, starttime: 11:00																																																											
Heat: 5/12										Lane : 4										Athlete: VAN WAELDEREN THOMAS										Q-time: 00:24:96																																							
PB (50m pool): 00:24.96										Antwerpen										22/03/2026										PB (25m pool): 00:24.27										SB: 00:24.96										Antwerpen										22/03/2026									
		5 0 M																																																																			
PB		00:24.96																																																																			
		00:24.96																																																																			
																																																																					

Coach feedback: