

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

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

Coaches: Vereecken Sven

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 : 3 Athlete: HAESSENDONCKX JARNE					Q-time: 01:02:32	
PB (50m pool): 01:02.32 Antwerpen 19/04/2026			PB (25m pool): 01:02.40SB: 01:02.32 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M				
PB	00:28.51	01:02.32				
	00:28.51	00:33.81				
						

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN				Heat:4, starttime: 09:05	
Heat: 4/7 Lane : 3 Athlete: MICHOEL QUINTEN				Q-time: 00:58:73	
PB (50m pool): 00:58.73 Antwerpen 27/07/2025				PB (25m pool): 00:57.73 SB: 00:58.77 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:27.27	00:58.73			
	00:27.27	00:31.46			
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN					Heat:2, starttime: 09:30
Heat: 2/5 Lane : 4 Athlete: VAN TILBURG MATTHIAS					Q-time: 02:17:53
PB (50m pool): 02:16.00 Antwerpen 28/07/2024			PB (25m pool): 02:10.76SB: 02:22.20 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:16.00	
	no time				
					

Coach feedback:

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Event number: 4: 400M MEDLEY WOMEN							Heat:1, starttime: 09:43	
Heat: 1/3 Lane : 5 Athlete: DILLEN NORAH							Q-time: 05:29:38	
PB (50m pool): 05:25.21 Antwerpen 28/07/2024				PB (25m pool): 05:18.00 SB: 05:35.54 Wezenberg 01/02/2026				
	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	no time	no time	no time	no time	no time	no time	no time	05:25.21
	no time							
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN							Heat:2, starttime: 10:04	
Heat: 2/9 Lane : 6 Athlete: VANTHOURNOUT XANDER							Q-time: 01:12:70	
PB (50m pool): 01:12.34 Mol 23/06/2024				PB (25m pool): 01:08.91SB: 01:13.85 Wezenberg 01/02/2026				
	5 0 M	1 0 0 M						
PB	no time	01:12.34						
	no time							
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN										Heat:5, starttime: 10:09	
Heat: 5/9 Lane : 5 Athlete: VAN BALLAER VIKTOR										Q-time: 01:08:95	
PB (50m pool): 01:08.95 Antwerpen 27/04/2025					PB (25m pool): 01:04.15SB: 01:09.29 Antwerpen 22/03/2026						
	5 0 M		1 0 0 M								
PB	00:31.82		01:08.95								
	00:31.82		00:37.13								
											

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN										Heat:3, starttime: 10:21	
Heat: 3/6 Lane : 4 Athlete: DILLEN NORAH										Q-time: 00:35:88	
PB (50m pool): 00:35.28 Antwerpen 28/07/2024					PB (25m pool): 00:34.61 SB: 00:36.13 Antwerpen 22/03/2026						
	5 0 M										
PB	00:35.28										
	00:35.28										
											

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN			Heat:2, starttime: 10:57
Heat: 2/12 Lane : 3 Athlete: VANTHOURNOUT XANDER			Q-time: 00:25:48
PB (50m pool): 00:25.48 Wezenberg 01/02/2026			PB (25m pool): 00:24.77 SB: 00:25.48 Wezenberg 01/02/2026
	5 0 M		
PB	00:25.48		
	00:25.48		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:5, starttime: 11:00
Heat: 5/12 Lane : 7 Athlete: MICHOEL QUINTEN			Q-time: 00:25:03
PB (50m pool): 00:25.03 Eindhoven 16/03/2025			PB (25m pool): 00:24.33 SB: 00:25.29 Antwerpen 19/04/2026
	5 0 M		
PB	00:25.03		
	00:25.03		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:5, starttime: 11:00
Heat: 5/12 Lane : 8 Athlete: HAESENDONCKX JARNE			Q-time: 00:25:10
PB (50m pool): 00:25.10 Antwerpen 19/04/2026			PB (25m pool): 00:24.78 SB: 00:25.10 Antwerpen 19/04/2026
	5 0 M		
PB	00:25.10		
	00:25.10		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:6, starttime: 11:01
Heat: 6/12 Lane : 8 Athlete: VAN BALLAER VIKTOR			Q-time: 00:24:95
PB (50m pool): 00:24.95 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:23.87 SB: 00:24.95 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M		
PB	00:24.95		
	00:24.95		
			

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN										Heat:7, starttime: 11:02																													
Heat: 7/12																				Lane : 2					Athlete: VAN TILBURG MATTHIAS										Q-time: 00:24:69				
PB (50m pool): 00:24.69										Antwerpen					22/03/2026					PB (25m pool): 00:24.02SB: 00:24.69										Antwerpen					22/03/2026				
	5 0 M																																						
PB	00:24.69																																						
	00:24.69																																						
																																							

Coach feedback: