

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE MEN Heat:1, starttime: 09:26

Heat: 1/5 Lane : 8 Athlete: VERROKEN GERBEN Q-time: 02:21:41

PB (50m pool): 02:17.86 Antwerpen 21/04/2024 PB (25m pool): 02:13.36 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	02:17.86	
	no time				
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN Heat:4, starttime: 09:36

Heat: 4/5 Lane : 7 Athlete: VOLCKAERT MATTHIAS Q-time: 02:16:02

PB (50m pool): 02:16.02 Antwerpen 22/03/2026 PB (25m pool): 02:12.84 SB: 02:16.02 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.23	01:06.35	01:41.29	02:16.02	
	00:32.23	00:34.12	00:34.94	00:34.73	
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN Heat:2, starttime: 10:04

Heat: 2/9 Lane : 4 Athlete: DE PEYPER NOAH Q-time: 01:11:99

PB (50m pool): 01:11.99 Antwerp 09/02/2025 PB (25m pool): 01:09.53 SB: 01:13.00 Aalst 26/04/2026

	5 0 M	1 0 0 M	
PB	00:33.96	01:11.99	
	00:33.96	00:38.03	
			

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN			Heat:2, starttime: 10:57
Heat: 2/12 Lane : 7 Athlete: VOLCKAERT MATTHIAS			Q-time: 00:25:55
PB (50m pool): 00:25.55 Wezenberg 03/01/2026			PB (25m pool): 00:24.81 SB: 00:25.55 Wezenberg 03/01/2026
	5 0 M		
PB	00:25.55		
	00:25.55		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:3, starttime: 10:58
Heat: 3/12 Lane : 7 Athlete: VERROKEN GERBEN			Q-time: 00:25:38
PB (50m pool): 00:25.38 Antwerpen 27/07/2025			PB (25m pool): 00:24.43 SB: 00:25.51 Antwerpen 22/03/2026
	5 0 M		
PB	00:25.38		
	00:25.38		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:5, starttime: 11:00
Heat: 5/12 Lane : 1 Athlete: BOUDCHICH ILYAS			Q-time: 00:25:08
PB (50m pool): 00:25.08 Aalst 26/04/2026			PB (25m pool): 00:24.44 SB: 00:25.08 Aalst 26/04/2026
	5 0 M		
PB	00:25.08		
	00:25.08		
			

Coach feedback: