

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

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

PB => Personal Best time

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

Event number: 6: 50M BREASTSTROKE WOMEN							Heat:3, starttime: 10:21		
Heat: 3/6 Lane : 8 Athlete: LEMBRECHTS SOPHIE							Q-time: 00:36:36		
PB (50m pool): 00:36.36 Antwerpen 15/03/2026				PB (25m pool): 00:34.45SB: 00:36.36 Antwerpen 15/03/2026					
	5 0 M								
PB	00:36.36								
	00:36.36								
									

Coach feedback:

Event number: 9: 50M FREESTYLE MEN							Heat:8, starttime: 11:03		
Heat: 8/12 Lane : 7 Athlete: VAN EGDOM WOUT							Q-time: 00:24:41		
PB (50m pool): 00:24.19 Antwerpen 28/07/2024							PB (25m pool): 00:23.60 SB: 00:24.72 Antwerpen 22/03/2026		
	5 0 M								
PB	00:24.19								
	00:24.19								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN				Heat:2, starttime: 11:10	
Heat: 2/8 Lane : 7 Athlete: DELIEN FLOOR				Q-time: 00:33:11	
PB (50m pool): 00:33.11 Antwerpen 27/07/2025				PB (25m pool): 00:32.04 SB: no time	
	5 0 M				
PB	00:33.11				
	00:33.11				
					

Coach feedback:

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Event number: 10: 50M BACKSTROKE WOMEN		Heat:6, starttime: 11:17
Heat: 6/8 Lane : 4 Athlete: VERDONCK FLEUR		Q-time: 00:28:88
PB (50m pool): 00:28.84 Antwerpen 27/07/2025 PB (25m pool): 00:27.56 SB: 00:29.30 Antwerpen 22/03/2026		
	5 0 M	
PB	00:28.84	
	00:28.84	
		

Coach feedback: