

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

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

Coaches: Meyers Sepp HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN			Heat:6, starttime: 09:08
Heat: 6/7 Lane : 2 Athlete: LAUREYSSSENS LUKAS			Q-time: 00:56:91
PB (50m pool): 00:56.91 Antwerpen 27/07/2025			PB (25m pool): 00:56.64 SB: 00:57.40 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:26.73	00:56.91	
	00:26.73	00:30.18	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN			Heat:6, starttime: 09:08
Heat: 6/7 Lane : 4 Athlete: LAUREYSSSENS DANIEL			Q-time: 00:54:89
PB (50m pool): 00:54.89 Antwerpen 27/04/2025			PB (25m pool): 00:52.95 SB: 00:57.08 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:25.61	00:54.89	
	00:25.61	00:29.28	
			

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN				Heat:5, starttime: 09:40
Heat: 5/5 Lane : 8 Athlete: DE RIDDER ARNE				Q-time: 02:16:70
PB (50m pool): 02:16.70 Wezenberg 01/02/2026				PB (25m pool): 02:11.31 SB: 02:16.70 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:32.26	01:05.85	01:41.22	02:16.70
	00:32.26	00:33.59	00:35.37	00:35.48
				

Coach feedback:

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Event number: 6: 50M BREASTSTROKE WOMEN			Heat:5, starttime: 10:23
Heat: 5/6 Lane : 1 Athlete: VAN OSTA NOMI			Q-time: 00:35:47
PB (50m pool): 00:34.77 Antwerpen 12/02/2023			PB (25m pool): 00:35.07 SB: 00:35.88 Aalst 26/04/2026
	5 0 M		
PB	00:34.77		
	00:34.77		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:8, starttime: 11:03
Heat: 8/12 Lane : 5 Athlete: LAUREYSSSENS LUKAS			Q-time: 00:24:27
PB (50m pool): 00:24.24 Aalst 26/04/2026			PB (25m pool): 00:23.91 SB: 00:24.24 Aalst 26/04/2026
	5 0 M		
PB	00:24.24		
	00:24.24		
			

Coach feedback:

Event number: 9: 50M FREESTYLE MEN			Heat:12, starttime: 11:07
Heat: 12/12 Lane : 6 Athlete: LAUREYSSSENS DANIEL			Q-time: 00:23:16
PB (50m pool): 00:23.16 Antwerpen 27/04/2025			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:23.16		
	00:23.16		
			

Coach feedback: