

OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: 10-069

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: 3: 200M BACKSTROKE MEN					Heat:4, starttime: 09:36
Heat: 4/5 Lane : 4 Athlete: DIJKSHOORN NIELS					Q-time: 02:01:80
PB (50m pool): 2:00.18 Eindhoven 11 apr 2024					PB (25m pool): 1:55.85 SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	28.28	59.02	1:30.08	2:00.18	
	28.28	30.74	31.06	30.10	
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN					Heat:12, starttime: 11:07
Heat: 12/12 Lane : 5 Athlete: LAARHOVEN PERRY					Q-time: 00:22:61
PB (50m pool): 22.61 Rotterdam 18 apr 2026					PB (25m pool): 21.69 SB:
	5 0 M				
PB	22.61				
	22.61				
					

Coach feedback:

Event number: 9: 50M FREESTYLE MEN					Heat:12, starttime: 11:07
Heat: 12/12 Lane : 5 Athlete: LAARHOVEN PERRY					Q-time: 00:22:61
PB (50m pool): 22.61 Amersfoort 15 jun 2025					PB (25m pool): 21.69 SB:
	5 0 M				
PB	22.61				
	22.61				
					

Coach feedback: