

OBC LCM 2026: Session: 2: COACH Evaluation sheet for TEAM: AQUABLA

Coachinfo: Warming up from: 15:00 untill 16:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Smet Grégory HEADCOACH

Coaches: Massart Sébastien

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

Event number: 12: 1500M FREESTYLE WOMEN - Heat:2, starttime: 17:00

Heat: 2/1 Lane : 3 Athlete: DECRAENE SIOBAN Q-time: 16:53:31

PB (50m pool): no time PB (25m pool): no time SB: no time

	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	no time
	no time							
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	no time	no time	no time	no time	no time	no time	
							

Coach feedback:

Event number: 12: 1500M FREESTYLE WOMEN - Heat:2, starttime: 17:00

Heat: 2/1 Lane : 7 Athlete: DECRAENE SATHEEN Q-time: 17:36:10

PB (50m pool): no time PB (25m pool): no time SB: no time

	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	no time
	no time							
								

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	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	no time	no time	no time	no time	no time	no time	
							

Coach feedback:

Event number: 14: 4x200M FREESTYLE WOMEN							Heat:1, starttime: 18:25	
Heat: 1/1 Lane : 2 Athlete: TEAM AQUABLA 1							Q-time: 08:44:10	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								
								

Coach feedback: