

OBC LCM 2026: Session: 2: COACH evaluation sheet for TEAM: LAQUA

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

Coaches: Tampieri Matteo HEADCOACH

Coaches: Hendrickx Lander

PB => Personal Best time

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

Event number: 13: 4x200M FREESTYLE MEN Heat:1, starttime: 18:16

Heat: 1/1 Lane : 3 Athlete: TEAM LAQUA 1 Q-time: 07:51:44

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:

Event number: 14: 4x200M FREESTYLE WOMEN Heat:1, starttime: 18:25

Heat: 1/1 Lane : 7 Athlete: TEAM LAQUA 1 Q-time: 09:03:20

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: