

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

Coachinfo: Warming up from: 15:00 untill 16:45. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Verbauwen Carine HEADCOACH

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 : 5 Athlete: TEAM MEGA 1

Q-time: 07:40:49

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 : 3 Athlete: TEAM MEGA 1

Q-time: 08:39:44

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: