

# OBC LCM 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

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

Coaches: Claes Steven HEADCOACH

Coaches: Borremans Lotte

PB => Personal Best time

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

## Event number: 15: 200M MEDLEY WOMEN

Heat:3, starttime: 09:07

Heat: 3/4 Lane : 1 Athlete: CIOBANU ANASTASIA

Q-time: 02:28:71

PB (50m pool): 02:28.71 Antwerpen 27/07/2025

PB (25m pool): 02:24.33 SB: 02:32.73 Molenbeek 01/02/2026

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:32.02  | 01:11.23  | 01:54.66  | 02:28.71  |  |
|    | 00:32.02  | 00:39.21  | 00:43.43  | 00:34.05  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 17: 100M BREASTSTROKE WOMEN

Heat:1, starttime: 09:29

Heat: 1/8 Lane : 5 Athlete: TRIOEN JOKE

Q-time: 01:23:35

PB (50m pool): 01:23.35 Antwerpen 13/07/2025

PB (25m pool): 01:20.94 SB: 01:26.84 Antwerpen 15/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:39.37  | 01:23.35  |  |
|    | 00:39.37  | 00:43.98  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 17: 100M BREASTSTROKE WOMEN

Heat:4, starttime: 09:35

Heat: 4/8 Lane : 5 Athlete: VAN DER MEEREN LOTTE

Q-time: 01:19:41

PB (50m pool): 01:19.41 Antwerpen 27/07/2025

PB (25m pool): 01:17.73 SB: 01:19.50 Antwerpen 22/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:37.14  | 01:19.41  |  |
|    | 00:37.14  | 00:42.27  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

# OBC LCM 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

| Event number: 18: 200M BUTTERFLY MEN         |         |         |         |          | Heat:1, starttime: 09:45                                  |
|----------------------------------------------|---------|---------|---------|----------|-----------------------------------------------------------|
| Heat: 1/4 Lane : 3 Athlete: SEGHERS MICHIEL  |         |         |         |          | Q-time: 02:26:30                                          |
| PB (50m pool): 02:22.59 Antwerpen 28/07/2024 |         |         |         |          | PB (25m pool): 02:18.70 SB: 02:26.30 Molenbeek 01/02/2026 |
|                                              | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M  |                                                           |
| PB                                           | no time | no time | no time | 02:22.59 |                                                           |
|                                              | no time |         |         |          |                                                           |
|                                              | .....   | .....   | .....   | .....    |                                                           |

Coach feedback:

| Event number: 19: 50M BUTTERFLY WOMEN         |          |  |  |  | Heat:8, starttime: 10:05                                  |
|-----------------------------------------------|----------|--|--|--|-----------------------------------------------------------|
| Heat: 8/8 Lane : 7 Athlete: CIOBANU ANASTASIA |          |  |  |  | Q-time: 00:28:66                                          |
| PB (50m pool): 00:28.66 Antwerpen 27/07/2025  |          |  |  |  | PB (25m pool): 00:28.66 SB: 00:29.28 Molenbeek 01/02/2026 |
|                                               | 5 0 M    |  |  |  |                                                           |
| PB                                            | 00:28.66 |  |  |  |                                                           |
|                                               | 00:28.66 |  |  |  |                                                           |
|                                               | .....    |  |  |  |                                                           |

Coach feedback: