

OBC LCM 2026: Session: 3: COACH evaluation sheet for TEAM: DM

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

Coaches: Billet Francois

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN

Heat:5, starttime: 09:19

Heat: 5/10 Lane : 8 Athlete: VANDAMME HUGO

Q-time: 00:54:18

PB (50m pool): 00:54.18 Charleroi 15/02/2026

PB (25m pool): 00:52.32 SB: 00:54.18 Charleroi 15/02/2026

	5 0 M	1 0 0 M	
PB	00:25.93	00:54.18	
	00:25.93	00:28.25	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN

Heat:5, starttime: 10:11

Heat: 5/9 Lane : 8 Athlete: VANDAMME HUGO

Q-time: 00:31:19

PB (50m pool): 00:31.56 Kortrijk 04/05/2025

PB (25m pool): 00:30.47 SB: 00:31.90 Charleroi 19/10/2025

	5 0 M	
PB	00:31.56	
	00:31.56	
		

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN

Heat:1, starttime: 10:17

Heat: 1/4 Lane : 5 Athlete: VANDAMME LOUNA

Q-time: 02:30:65

PB (50m pool): 02:30.65 Charleroi 15/02/2026

PB (25m pool): 02:28.20 SB: 02:30.65 Charleroi 15/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.13	01:14.42	01:53.54	02:30.65	
	00:36.13	00:38.29	00:39.12	00:37.11	
					

Coach feedback:

OBC LCM 2026: Session: 3: COACH evaluation sheet for TEAM: DM

Event number: 21: 200M BACKSTROKE WOMEN					Heat:3, starttime: 10:24
Heat: 3/4 Lane : 3 Athlete: ABDELMOUMEN NISRINE					Q-time: 02:23:97
PB (50m pool): 02:25.13 Charleroi 15/02/2026					PB (25m pool): 02:23.25 SB: 02:25.13 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.67	01:11.15	01:48.80	02:25.13	
	00:34.67	00:36.48	00:37.65	00:36.33	
					

Coach feedback: