

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

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

Coaches: Melders Peter HEADCOACH

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN					Heat:1, starttime: 09:00
Heat: 1/4 Lane : 6 Athlete: THEUWIS RUNE					Q-time: 02:34:61
PB (50m pool): 02:33.61 Antwerpen 27/07/2025					PB (25m pool): 02:29.30 SB: 02:38.41 Olympic Pool Wezenberg, Antwer 29
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.28	01:12.58	01:58.69	02:33.61	
	00:32.28	00:40.30	00:46.11	00:34.92	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN					Heat:4, starttime: 09:10
Heat: 4/4 Lane : 4 Athlete: VANOTTERDIJK ROOS					Q-time: 02:09:73
PB (50m pool): 02:13.52 Antwerpen 27/04/2025					PB (25m pool): 02:06.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.40	00:59.67	01:41.09	02:13.52	
	00:27.40	00:32.27	00:41.42	00:32.43	
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN					Heat:1, starttime: 09:13
Heat: 1/10 Lane : 5 Athlete: ORIS TIM					Q-time: 00:55:63
PB (50m pool): 00:55.52 Antwerpen 28/07/2024					PB (25m pool): 00:53.48 SB: 00:56.71 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	no time	00:55.52			
	no time				
					

Coach feedback:

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Event number: 19: 50M BUTTERFLY WOMEN							Heat:7, starttime: 10:04		
Heat: 7/8 Lane : 4 Athlete: BUSSELS FLEUR							Q-time: 00:27:11		
PB (50m pool): 00:27.11 Antwerpen 22/03/2026							PB (25m pool): 00:27.70SB: 00:27.11 Antwerpen 22/03/2026		
	5 0 M								
PB	00:27.11								
	00:27.11								
									

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN							Heat:8, starttime: 10:05	
Heat: 8/8 Lane : 4 Athlete: VANOTTERDIJK ROOS							Q-time: 00:25:32	
PB (50m pool): 00:25.93 Antwerpen 12/02/2023							PB (25m pool): 00:25.55SB: no time	
	5 0 M							
PB	00:25.93							
	00:25.93							
								

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN							Heat:2, starttime: 10:08		
Heat: 2/9 Lane : 5 Athlete: DAEMEN TUUR							Q-time: 00:32:50		
PB (50m pool): 00:32.50 Antwerpen 22/03/2026							PB (25m pool): 00:32.65SB: 00:32.50 Antwerpen 22/03/2026		
	5 0 M								
PB	00:32.50								
	00:32.50								
									

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN							Heat:4, starttime: 10:10		
Heat: 4/9 Lane : 2 Athlete: ORIS TIM							Q-time: 00:31:55		
PB (50m pool): 00:31.52 Zwembad Brigitte Becue 26/04/2026							PB (25m pool): 00:30.44 SB: 00:31.52 Zwembad Brigitte Becue 26/04/2026		
	5 0 M								
PB	00:31.52								
	00:31.52								
									

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN			Heat:7, starttime: 10:13
Heat: 7/9 Lane : 4 Athlete: VRANKEN BARTEL			Q-time: 00:28:33
PB (50m pool): 00:28.33 Antwerpen 22/03/2026			PB (25m pool): 00:27.81 SB: 00:28.33 Antwerpen 22/03/2026
	5 0 M		
PB	00:28.33		
	00:28.33		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN			Heat:9, starttime: 10:15
Heat: 9/9 Lane : 8 Athlete: METTEN VINCE			Q-time: 00:30:33
PB (50m pool): 00:30.33 Antwerpen 22/03/2026			PB (25m pool): 00:30.28 SB: 00:30.33 Antwerpen 22/03/2026
	5 0 M		
PB	00:30.33		
	00:30.33		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:7, starttime: 10:52
Heat: 7/9 Lane : 5 Athlete: BUSSELS FLEUR			Q-time: 00:56:25
PB (50m pool): 00:56.25 Antwerpen 22/03/2026			PB (25m pool): 00:55.43 SB: 00:56.25 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.11	00:56.25	
	00:27.11	00:29.14	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:9, starttime: 10:55
Heat: 9/9 Lane : 4 Athlete: VANOTTERDIJK ROOS			Q-time: 00:53:62
PB (50m pool): 00:53.62 Antwerp 09/02/2025			PB (25m pool): 00:52.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.06	00:53.62	
	00:26.06	00:27.56	
			

Coach feedback: