

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

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

Coaches: Melis Tom

PB => Personal Best time

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

Event number: 17: 100M BREASTSTROKE WOMEN			Heat:7, starttime: 09:41
Heat: 7/8 Lane : 1 Athlete: WILLAERT AYLA			Q-time: 01:15:99
PB (50m pool): 01:15.32 Antwerpen 28/07/2024			PB (25m pool): 01:13.70 SB: 01:16.99 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:15.32	
	no time		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN			Heat:3, starttime: 10:09
Heat: 3/9 Lane : 2 Athlete: OST RYAN			Q-time: 00:32:16
PB (50m pool): 00:32.16 Antwerpen 27/07/2025			PB (25m pool): 00:32.22 SB: 00:32.21 Wezenberg 01/02/2026
	5 0 M		
PB	00:32.16		
	00:32.16		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN			Heat:3, starttime: 10:35
Heat: 3/7 Lane : 5 Athlete: OST RYAN			Q-time: 00:29:18
PB (50m pool): 00:29.29 Brugge 23/02/2025			PB (25m pool): 00:28.42 SB: no time
	5 0 M		
PB	00:29.29		
	00:29.29		
			

Coach feedback:

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Event number: 22: 50M BACKSTROKE MEN							Heat:6, starttime: 10:39			
Heat: 6/7 Lane : 3 Athlete: VAN WELLEN JOSEPH							Q-time: 00:26:54			
PB (50m pool): 00:26.54 Antwerpen 22/03/2026				PB (25m pool): 00:25.77 SB: 00:26.54 Antwerpen 22/03/2026						
	5 0 M									
PB	00:26.54									
	00:26.54									
										

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN							Heat:2, starttime: 10:44				
Heat: 2/9 Lane : 5 Athlete: WILLAERT AYLA							Q-time: 01:01:25				
PB (50m pool): 00:59.62 Zwembad Brigitte Becue Oostend 10/05/2025									PB (25m pool): 00:58.48 SB: 01:01.25 Antwerpen 19/04/2026		
	5 0 M		1 0 0 M								
PB	no time		00:59.62								
	no time										
											

Coach feedback:

Event number: 24: 400M MEDLEY MEN							Heat:1, starttime: 10:58	
Heat: 1/2 Lane : 7 Athlete: OST RYAN							Q-time: 04:55:09	
PB (50m pool): 04:55.09 Antwerpen 27/07/2025				PB (25m pool): 04:50.11 SB: no time				
	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	00:31.09	01:05.81	01:44.71	02:21.75	03:04.14	03:46.76	04:21.76	04:55.09
	00:31.09	00:34.72	00:38.90	00:37.04	00:42.39	00:42.62	00:35.00	00:33.33
								

Coach feedback: