

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

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

Coaches: Cannaerts Jens

PB => Personal Best time

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

Event number: 17: 100M BREASTSTROKE WOMEN			Heat:8, starttime: 09:42
Heat: 8/8 Lane : 8 Athlete: STRUYF LIESELOT			Q-time: 01:17:05
PB (50m pool): 01:16.88 Antwerpen 28/07/2024			PB (25m pool): 01:13.92 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:16.88	
	no time		
			

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:4, starttime: 09:54
Heat: 4/4 Lane : 7 Athlete: LEIRS BAVO					Q-time: 02:12:62
PB (50m pool): 02:12.62 Antwerpen 22/03/2026					PB (25m pool): 02:08.32 SB: 02:12.62 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.35	01:01.63	01:36.83	02:12.62	
	00:28.35	00:33.28	00:35.20	00:35.79	
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN			Heat:7, starttime: 10:04
Heat: 7/8 Lane : 1 Athlete: ROMBOUT LISA			Q-time: 00:28:93
PB (50m pool): 00:28.78 Antwerpen 28/07/2024			PB (25m pool): 00:28.36 SB: 00:28.93 Antwerpen 22/03/2026
	5 0 M		
PB	00:28.78		
	00:28.78		
			

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN		Heat:3, starttime: 10:09
Heat: 3/9 Lane : 1 Athlete: LEIRS BAVO		Q-time: 00:32:24
PB (50m pool): 00:32.24 Antwerpen 27/07/2025		PB (25m pool): 00:31.72 SB: 00:32.93 Antwerpen 22/03/2026
	5 0 M	
PB	00:32.24	
	00:32.24	
		

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN		Heat:6, starttime: 10:39
Heat: 6/7 Lane : 5 Athlete: BERGES JENS		Q-time: 00:26:15
PB (50m pool): 00:26.15 Antwerpen 22/03/2026		PB (25m pool): 00:24.54 SB: 00:26.15 Antwerpen 22/03/2026
	5 0 M	
PB	00:26.15	
	00:26.15	
		

Coach feedback: