

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN			Heat:6, starttime: 09:21
Heat: 6/10 Lane : 2 Athlete: VANGROOTLOON JEF			Q-time: 00:53:45
PB (50m pool): 00:53.45 Antwerpen 22/03/2026			PB (25m pool): 00:52.76 SB: 00:53.45 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.68	00:53.45	
	00:25.68	00:27.77	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN			Heat:1, starttime: 10:07
Heat: 1/9 Lane : 5 Athlete: VANOPPEN MATHIAS			Q-time: 00:32:84
PB (50m pool): 00:32.84 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:32.94 SB: 00:32.84 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M		
PB	00:32.84		
	00:32.84		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN			Heat:2, starttime: 10:33
Heat: 2/7 Lane : 6 Athlete: HAUBEN SANDER			Q-time: 00:29:65
PB (50m pool): 00:29.65 Antwerpen 20/04/2025			PB (25m pool): 00:27.74 SB: 00:31.13 Zwembad Brigitte Becue 26/04/2026
	5 0 M		
PB	00:29.65		
	00:29.65		
			

Coach feedback: