

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

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

Coaches: LEPLA MARTINE

Coaches: DELIE DRIES

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 : 1 Athlete: DELIE VICO Q-time: 00:53:96

PB (50m pool): 00:53.96 Antwerpen 22/03/2026 PB (25m pool): 00:54.53 SB: 00:53.96 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:26.14	00:53.96	
	00:26.14	00:27.82	
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN Heat:1, starttime: 10:32

Heat: 1/7 Lane : 1 Athlete: VANDERHAEGHE ANTWAN Q-time: 00:30:30

PB (50m pool): 00:30.30 Antwerpen 27/07/2025 PB (25m pool): no time SB: 00:30.39 Antwerpen 22/03/2026

	5 0 M	
PB	00:30.30	
	00:30.30	
		

Coach feedback:

Event number: 24: 400M MEDLEY MEN Heat:1, starttime: 10:58

Heat: 1/2 Lane : 5 Athlete: DELIE VICO Q-time: 04:39:49

PB (50m pool): 04:39.49 Antwerpen 22/03/2026 PB (25m pool): no time SB: 04:39.49 Antwerpen 22/03/2026

	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	00:28.52	01:02.31	01:40.91	02:18.16	02:58.08	03:38.78	04:09.77	04:39.49
	00:28.52	00:33.79	00:38.60	00:37.25	00:39.92	00:40.70	00:30.99	00:29.72
								

Coach feedback: