

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

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

Coaches: Lievens Stijn HEADCOACH

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN

Heat:3, starttime: 09:07

Heat: 3/4 Lane : 4 Athlete: DELCOMMUNE ZINKE

Q-time: 02:16:00

PB (50m pool): 02:16.00 Antwerpen 27/04/2025

PB (25m pool): 02:13.05 SB: 02:18.56 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.17	01:04.34	01:43.42	02:16.00	
	00:29.17	00:35.17	00:39.08	00:32.58	
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN

Heat:2, starttime: 09:31

Heat: 2/8 Lane : 7 Athlete: VERVLOESSEM SISKI

Q-time: 01:22:07

PB (50m pool): 01:22.07 Charleroi 12/01/2025

PB (25m pool): 01:19.35 SB: 01:24.32 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	00:37.80	01:22.07	
	00:37.80	00:44.27	
			

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN

Heat:1, starttime: 09:57

Heat: 1/8 Lane : 3 Athlete: MEYER THYRVI

Q-time: 00:31:23

PB (50m pool): 00:31.19 Antwerpen 28/07/2024

PB (25m pool): 00:30.97 SB: 00:31.35 Eindhoven 22/03/2026

	5 0 M	
PB	00:31.19	
	00:31.19	
		

Coach feedback:

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Event number: 19: 50M BUTTERFLY WOMEN			Heat:7, starttime: 10:04
Heat: 7/8 Lane : 7 Athlete: WOUTERS BRIANA			Q-time: 00:28:68
PB (50m pool): 00:28.68 Antwerpen 22/03/2026			PB (25m pool): 00:28.75 SB: 00:28.68 Antwerpen 22/03/2026
	5 0 M		
PB	00:28.68		
	00:28.68		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN			Heat:4, starttime: 10:36
Heat: 4/7 Lane : 4 Athlete: RAES DRIES			Q-time: 00:28:86
PB (50m pool): 00:28.86 Antwerpen 27/07/2025			PB (25m pool): 00:27.68 SB: 00:28.87 Antwerpen 22/03/2026
	5 0 M		
PB	00:28.86		
	00:28.86		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:7, starttime: 10:52
Heat: 7/9 Lane : 6 Athlete: WOUTERS BRIANA			Q-time: 00:57:70
PB (50m pool): 00:57.70 Antwerpen 27/04/2025			PB (25m pool): 00:56.79 SB: 00:58.15 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:27.91	00:57.70	
	00:27.91	00:29.79	
			

Coach feedback: