

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

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

Coaches: Bhija Younes HEADCOACH

Coaches: Destoop Jens

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN Heat:9, starttime: 09:25

Heat: 9/10 Lane : 1 Athlete: BHIJA TARIQ			Q-time: 00:52:60
PB (50m pool): 00:52.60 Antwerpen 22/03/2026			PB (25m pool): 00:53.39 SB: 00:52.60 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.61	00:52.60	
	00:25.61	00:26.99	
			

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN Heat:4, starttime: 10:01

Heat: 4/8 Lane : 7 Athlete: BHIJA NOOR			Q-time: 00:29:95
PB (50m pool): 00:29.93 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 00:30.95 SB: 00:29.93 Lago Kortrijk Weide 03/05/2026
	5 0 M		
PB	00:29.93		
	00:29.93		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN Heat:1, starttime: 10:43

Heat: 1/9 Lane : 4 Athlete: BHIJA NOOR			Q-time: 01:02:04
PB (50m pool): 01:01.05 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:00.53 SB: 01:01.05 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:29.57	01:01.05	
	00:29.57	00:31.48	
			

Coach feedback: