

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

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

Coaches: Duck Chantal

Coaches: Hinnekens Rosan HEADCOACH

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN Heat:1, starttime: 09:00

Heat: 1/4 Lane : 2 Athlete: VERMAUT CELINE					Q-time: 02:50:81
PB (50m pool): 02:50.81 Kortrijk 15/02/2026					PB (25m pool): 02:54.01 SB: 02:50.81 Kortrijk 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.84	01:22.91	02:13.17	02:50.81	
	00:36.84	00:46.07	00:50.26	00:37.64	
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN Heat:3, starttime: 09:16

Heat: 3/10 Lane : 1 Athlete: FEYS JONAH					Q-time: 00:55:11
PB (50m pool): 00:55.11 Antwerpen 22/03/2026					PB (25m pool): 00:54.22 SB: 00:55.11 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:27.06	00:55.11			
	00:27.06	00:28.05			
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN Heat:1, starttime: 09:29

Heat: 1/8 Lane : 2 Athlete: VERMAUT CELINE					Q-time: 01:31:81
PB (50m pool): 01:30.78 Lago Kortrijk Weide 28/04/2024					PB (25m pool): 01:29.49 SB: 01:32.90 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	no time	01:30.78			
	no time				
					

Coach feedback:

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Event number: 19: 50M BUTTERFLY WOMEN				Heat:2, starttime: 09:58	
Heat: 2/8 Lane : 5 Athlete: CHRISTIAENS JUTTA				Q-time: 00:30:74	
PB (50m pool): 00:30.74 Antwerpen 27/07/2025				PB (25m pool): 00:30.27 SB: 00:31.27 Antwerpen 22/03/2026	
	5 0 M				
PB	00:30.74				
	00:30.74				
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN				Heat:4, starttime: 10:01	
Heat: 4/8 Lane : 6 Athlete: DECOUTERE IMANI				Q-time: 00:29:89	
PB (50m pool): 00:29.89 Antwerpen 08/03/2026				PB (25m pool): 00:29.84 SB: 00:29.89 Antwerpen 08/03/2026	
	5 0 M				
PB	00:29.89				
	00:29.89				
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN				Heat:5, starttime: 10:11	
Heat: 5/9 Lane : 5 Athlete: DECUPERE CEDRIC				Q-time: 00:31:08	
PB (50m pool): 00:31.08 Antwerpen 27/07/2025				PB (25m pool): 00:30.09 SB: 00:32.42 Antwerpen 22/03/2026	
	5 0 M				
PB	00:31.08				
	00:31.08				
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN				Heat:5, starttime: 10:11	
Heat: 5/9 Lane : 7 Athlete: VERELZEN ROBBE				Q-time: 00:31:16	
PB (50m pool): 00:30.85 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:30.26 SB: 00:30.85 Lago Kortrijk Weide 03/05/2026	
	5 0 M				
PB	00:30.85				
	00:30.85				
					

Coach feedback:

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Event number: 21: 200M BACKSTROKE WOMEN					Heat:1, starttime: 10:17
Heat: 1/4 Lane : 1 Athlete: SANDRA EVA					Q-time: 02:34:42
PB (50m pool): 02:33.19 Antwerpen 28/07/2024					PB (25m pool): 02:33.60 SB: 02:37.62 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:33.19	
	no time				
					

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN					Heat:2, starttime: 10:21
Heat: 2/4 Lane : 7 Athlete: DECOUTERE IMANI					Q-time: 02:28:37
PB (50m pool): 02:28.37 Antwerpen 08/03/2026					PB (25m pool): 02:20.50 SB: 02:28.37 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.21	01:11.85	01:50.35	02:28.37	
	00:34.21	00:37.64	00:38.50	00:38.02	
					

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN					Heat:1, starttime: 10:32
Heat: 1/7 Lane : 2 Athlete: FEYS JONAH					Q-time: 00:30:12
PB (50m pool): 00:30.03 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 00:28.42 SB: 00:30.03 Lago Kortrijk Weide 03/05/2026
	5 0 M				
PB	00:30.03				
	00:30.03				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN					Heat:5, starttime: 10:49
Heat: 5/9 Lane : 6 Athlete: CHRISTIAENS JUTTA					Q-time: 00:59:92
PB (50m pool): 00:59.54 Antwerpen 28/07/2024					PB (25m pool): 00:59.20 SB: 01:00.73 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	no time	00:59.54			
	no time				
					

Coach feedback: