

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

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

Coaches: Tampieri Matteo HEADCOACH

Coaches: Hendrickx Lander

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN

Heat:4, starttime: 09:10

Heat: 4/4 Lane : 8 Athlete: ADELMANN CLARA CENXI

Q-time: 02:29:20

PB (50m pool): 02:29.20 Antwerpen 08/03/2026

PB (25m pool): 02:27.59 SB: 02:29.20 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.79	01:11.52	01:56.68	02:29.20	
	00:32.79	00:38.73	00:45.16	00:32.52	
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN

Heat:4, starttime: 09:18

Heat: 4/10 Lane : 4 Athlete: VAN HOOFF DAAN

Q-time: 00:54:20

PB (50m pool): 00:54.20 Antwerpen 22/03/2026

PB (25m pool): 00:52.23 SB: 00:54.20 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:26.15	00:54.20	
	00:26.15	00:28.05	
			

Coach feedback:

Event number: 16: 100M FREESTYLE MEN

Heat:6, starttime: 09:21

Heat: 6/10 Lane : 1 Athlete: BERLAMONT DAAN

Q-time: 00:53:56

PB (50m pool): 00:53.56 Zwembad Brigitte Becue 26/04/2026

PB (25m pool): 00:52.83 SB: 00:53.56 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:26.07	00:53.56	
	00:26.07	00:27.49	
			

Coach feedback:

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

Event number: 16: 100M FREESTYLE MEN			Heat:7, starttime: 09:22
Heat: 7/10 Lane : 1 Athlete: SPADEA TOMMASO			Q-time: 00:53:09
PB (50m pool): 00:53.09 Antwerpen 27/04/2025			PB (25m pool): 00:51.18 SB: 00:53.64 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:25.62	00:53.09	
	00:25.62	00:27.47	
			

Coach feedback:

Event number: 16: 100M FREESTYLE MEN			Heat:10, starttime: 09:27
Heat: 10/10 Lane : 7 Athlete: VERMAUT ARTHUR			Q-time: 00:52:10
PB (50m pool): 00:52.10 Luxembourg 01/02/2026			PB (25m pool): 00:50.84 SB: 00:52.10 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:25.07	00:52.10	
	00:25.07	00:27.03	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN			Heat:6, starttime: 09:39
Heat: 6/8 Lane : 2 Athlete: WATELLE NONA			Q-time: 01:15:25
PB (50m pool): 01:15.25 Antwerpen 08/03/2026			PB (25m pool): 01:16.81 SB: 01:15.25 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:35.72	01:15.25	
	00:35.72	00:39.53	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN			Heat:6, starttime: 09:39
Heat: 6/8 Lane : 8 Athlete: SCHOEFS ELISE			Q-time: 01:17:83
PB (50m pool): 01:16.33 Antwerpen 12/02/2023			PB (25m pool): 01:13.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:16.33	
	no time		
			

Coach feedback:

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

Event number: 18: 200M BUTTERFLY MEN					Heat:4, starttime: 09:54
Heat: 4/4 Lane : 2 Athlete: LISSENS TUUR					Q-time: 02:11:57
PB (50m pool): 02:12.09 Antwerpen 08/03/2026					PB (25m pool): 02:08.59 SB: 02:12.09 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.35	01:02.63	01:36.67	02:12.09	
	00:29.35	00:33.28	00:34.04	00:35.42	
					

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:4, starttime: 09:54
Heat: 4/4 Lane : 3 Athlete: VERMAUT ARTHUR					Q-time: 02:07:81
PB (50m pool): 02:07.81 Antwerpen 22/03/2026					PB (25m pool): 02:03.50 SB: 02:07.81 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.61	00:59.58	01:32.97	02:07.81	
	00:27.61	00:31.97	00:33.39	00:34.84	
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:3, starttime: 09:59
Heat: 3/8 Lane : 8 Athlete: SCHOEFS ELISE					Q-time: 00:30:41
PB (50m pool): 00:30.41 Olympic Pool Wezenberg, Antwer 30/03/2026					PB (25m pool): 00:29.43 SB: 00:30.60 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M				
PB	00:30.41				
	00:30.41				
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN					Heat:4, starttime: 10:10
Heat: 4/9 Lane : 3 Athlete: VAN HOOFF DAAN					Q-time: 00:31:48
PB (50m pool): 00:31.48 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 00:30.42 SB: 00:31.48 Zwembad Brigitte Becue 26/04/2026
	5 0 M				
PB	00:31.48				
	00:31.48				
					

Coach feedback:

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

Event number: 20: 50M BREASTSTROKE MEN			Heat:7, starttime: 10:13
Heat: 7/9 Lane : 8 Athlete: GEUENS LARS			Q-time: 00:30:44
PB (50m pool): 00:30.31 ANTWERPEN 23/04/2023			PB (25m pool): 00:29.74 SB: 00:30.92 Olympic Pool Wezenberg, Antwer 29
	5 0 M		
PB	00:30.31		
	00:30.31		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN			Heat:9, starttime: 10:15
Heat: 9/9 Lane : 5 Athlete: BAETEN LUKAS			Q-time: 00:28:36
PB (50m pool): 00:28.36 Antwerp 09/02/2025			PB (25m pool): 00:29.58 SB: no time
	5 0 M		
PB	00:28.36		
	00:28.36		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN			Heat:5, starttime: 10:38
Heat: 5/7 Lane : 1 Athlete: BERLAMONT DAAN			Q-time: 00:28:44
PB (50m pool): 00:28.44 Eindhoven 22/03/2026			PB (25m pool): 00:27.71 SB: 00:28.44 Eindhoven 22/03/2026
	5 0 M		
PB	00:28.44		
	00:28.44		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:6, starttime: 10:51
Heat: 6/9 Lane : 2 Athlete: ADELMANN CLARA CENXI			Q-time: 00:59:34
PB (50m pool): 00:59.34 Antwerp 09/02/2025			PB (25m pool): 00:58.75 SB: 00:59.76 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.66	00:59.34	
	00:28.66	00:30.68	
			

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN							Heat:8, starttime: 10:54		
Heat: 8/9 Lane : 6 Athlete: VANDERLINDEN SIRI							Q-time: 00:56:74		
PB (50m pool): 00:57.02 Luxembourg 01/02/2026							PB (25m pool): 00:54.63SB: 00:57.02 Luxembourg 01/02/2026		
	5 0 M	1 0 0 M							
PB	00:27.71	00:57.02							
	00:27.71	00:29.31							
									

Coach feedback:

Event number: 25: 4x100M FREESTYLE MIXED							Heat:1, starttime: 11:09	
Heat: 1/1 Lane : 3 Athlete: TEAM LAQUA 1							Q-time: 03:41:27	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: