

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

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

Coaches: De Gucht Nancy

Coaches: Jacobs Ella HEADCOACH

PB => Personal Best time

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

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

Heat: 1/8 Lane : 3 Athlete: GOOSSENS TARA Q-time: 01:23:85

PB (50m pool): 01:23.85 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:23.02 SB: 01:23.85 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	
PB	00:39.12	01:23.85	
	00:39.12	00:44.73	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN Heat:5, starttime: 10:49

Heat: 5/9 Lane : 2 Athlete: JACOBS ELLA Q-time: 01:00:14

PB (50m pool): 01:00.14 Antwerpen 22/03/2026 PB (25m pool): 00:58.01 SB: 01:00.14 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:29.25	01:00.14	
	00:29.25	00:30.89	
			

Coach feedback: