

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

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

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN					Heat:2, starttime: 09:03
Heat: 2/4 Lane : 7 Athlete: VAN GYSEL MAITE					Q-time: 02:28:32
PB (50m pool): 02:28.06 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:24.17 SB: 02:28.06 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.26	01:10.81	01:54.38	02:28.06	
	00:32.26	00:38.55	00:43.57	00:33.68	
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN					Heat:2, starttime: 09:15
Heat: 2/10 Lane : 1 Athlete: LEROUX WOUT					Q-time: 00:55:51
PB (50m pool): 00:55.06 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:54.03 SB: 00:55.06 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:26.55	00:55.06			
	00:26.55	00:28.51			
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN					Heat:4, starttime: 09:18
Heat: 4/10 Lane : 7 Athlete: SCHRAM THOR					Q-time: 00:54:34
PB (50m pool): 00:54.34 Antwerpen 22/03/2026 PB (25m pool): 00:53.43 SB: 00:54.34 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M			
PB	00:26.45	00:54.34			
	00:26.45	00:27.89			
					

Coach feedback:

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Event number: 16: 100M FREESTYLE MEN			Heat:7, starttime: 09:22
Heat: 7/10 Lane : 2 Athlete: DE MUL TOM			Q-time: 00:53:01
PB (50m pool): 00:53.01 Amersfoort 22/02/2026			PB (25m pool): 00:51.13 SB: 00:53.01 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	
PB	00:25.15	00:53.01	
	00:25.15	00:27.86	
			

Coach feedback:

Event number: 16: 100M FREESTYLE MEN			Heat:7, starttime: 09:22
Heat: 7/10 Lane : 3 Athlete: JOOS RIES			Q-time: 00:52:92
PB (50m pool): 00:52.92 Antwerpen 27/07/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:25.63	00:52.92	
	00:25.63	00:27.29	
			

Coach feedback:

Event number: 16: 100M FREESTYLE MEN			Heat:10, starttime: 09:27
Heat: 10/10 Lane : 3 Athlete: BAEYE LEON			Q-time: 00:50:58
PB (50m pool): 00:50.58 Antwerpen 22/03/2026			PB (25m pool): 00:48.97 SB: 00:50.58 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:23.98	00:50.58	
	00:23.98	00:26.60	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN			Heat:4, starttime: 09:35
Heat: 4/8 Lane : 1 Athlete: DE VREESE JULIE			Q-time: 01:19:85
PB (50m pool): 01:19.85 Antwerpen 08/03/2026			PB (25m pool): 01:17.97 SB: 01:19.85 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:37.61	01:19.85	
	00:37.61	00:42.24	
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN				Heat:4, starttime: 09:35	
Heat: 4/8 Lane : 6 Athlete: VAN DER PLAS LOTTE				Q-time: 01:19:43	
PB (50m pool): 01:19.43 Antwerpen 08/03/2026				PB (25m pool): 01:17.20 SB: 01:19.43 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:37.17	01:19.43			
	00:37.17	00:42.26			
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN				Heat:6, starttime: 09:39	
Heat: 6/8 Lane : 3 Athlete: RAEMDONCK BENTHE-MARIE				Q-time: 01:13:01	
PB (50m pool): 01:12.66 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:11.12 SB: 01:12.66 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:34.75	01:12.66			
	00:34.75	00:37.91			
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN				Heat:7, starttime: 09:41	
Heat: 7/8 Lane : 5 Athlete: GOBERT LIES				Q-time: 01:11:02	
PB (50m pool): 01:10.44 Antwerpen 14/04/2024				PB (25m pool): 01:09.68 SB: 01:12.34 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:32.80	01:10.44			
	00:32.80	00:37.64			
					

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN				Heat:1, starttime: 09:45	
Heat: 1/4 Lane : 6 Athlete: VANBESIEN LOWIE				Q-time: 02:26:84	
PB (50m pool): 02:24.65 Antwerpen 28/07/2024				PB (25m pool): 02:36.52 SB: 02:26.84 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:24.65	
	no time				
					

Coach feedback:

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Event number: 18: 200M BUTTERFLY MEN					Heat:4, starttime: 09:54
Heat: 4/4 Lane : 1 Athlete: SCHRAM THOR					Q-time: 02:14:80
PB (50m pool): 02:12.27 Antwerpen 28/07/2024			PB (25m pool): 02:07.40 SB: 02:15.03 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:12.27	
	no time				
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:5, starttime: 10:02
Heat: 5/8 Lane : 7 Athlete: DE DECKER FEBE					Q-time: 00:29:54
PB (50m pool): 00:29.85 Antwerpen 22/03/2026			PB (25m pool): 00:30.05 SB: 00:29.85 Antwerpen 22/03/2026		
	5 0 M				
PB	00:29.85				
	00:29.85				
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:6, starttime: 10:03
Heat: 6/8 Lane : 6 Athlete: VAN BRABANDT JULIETTE					Q-time: 00:28:45
PB (50m pool): 00:28.45 Antwerpen 22/03/2026			PB (25m pool): 00:28.12 SB: 00:28.45 Antwerpen 22/03/2026		
	5 0 M				
PB	00:28.45				
	00:28.45				
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:7, starttime: 10:04
Heat: 7/8 Lane : 2 Athlete: HOSTE CELESTE					Q-time: 00:28:58
PB (50m pool): 00:28.96 Antwerpen 22/03/2026			PB (25m pool): no time SB: 00:28.96 Antwerpen 22/03/2026		
	5 0 M				
PB	00:28.96				
	00:28.96				
					

Coach feedback:

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Event number: 19: 50M BUTTERFLY WOMEN					Heat:8, starttime: 10:05	
Heat: 8/8 Lane : 6 Athlete: MATTHEEUWS LIE					Q-time: 00:28:28	
PB (50m pool): 00:28.28 Antwerpen 27/07/2025			PB (25m pool): 00:27.95SB: 00:28.38 Antwerpen 22/03/2026			
	5 0 M					
PB	00:28.28					
	00:28.28					
						

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN							Heat:6, starttime: 10:12		
Heat: 6/9 Lane : 1 Athlete: MCLEAN BRETT							Q-time: 00:31:01		
PB (50m pool): 00:31.01 Antwerpen 22/03/2026				PB (25m pool): no time SB: 00:31.01 Antwerpen 22/03/2026					
	5 0 M								
PB	00:31.01								
	00:31.01								
									

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN					Heat:2, starttime: 10:21
Heat: 2/4 Lane : 8 Athlete: SCHRAM MILA				Q-time: 02:30:27	
PB (50m pool): 02:30.27 Antwerpen 08/03/2026			PB (25m pool): 02:25.17 SB: 02:30.27 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.69	01:12.34	01:51.81	02:30.27	
	00:34.69	00:37.65	00:39.47	00:38.46	
					

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN					Heat:3, starttime: 10:24
Heat: 3/4 Lane : 4 Athlete: VANHEUVERBEKE MARTHE					Q-time: 02:18:58
PB (50m pool): 02:21.30 Antwerpen 27/07/2025			PB (25m pool): 02:12.71 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.04	01:09.11	01:45.26	02:21.30	
	00:33.04	00:36.07	00:36.15	00:36.04	
					

Coach feedback:

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Event number: 21: 200M BACKSTROKE WOMEN					Heat:4, starttime: 10:28
Heat: 4/4 Lane : 7 Athlete: HUENS NOOR					Q-time: 02:26:18
PB (50m pool): 02:26.18 Antwerpen 22/03/2026					PB (25m pool): 02:19.08 SB: 02:26.18 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.93	01:10.93	01:48.70	02:26.18	
	00:33.93	00:37.00	00:37.77	00:37.48	
					

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN					Heat:1, starttime: 10:32
Heat: 1/7 Lane : 3 Athlete: LAFAUT LEON					Q-time: 00:30:05
PB (50m pool): 00:30.05 Antwerpen 22/03/2026					PB (25m pool): 00:30.39 SB: 00:30.05 Antwerpen 22/03/2026
	5 0 M				
PB	00:30.05				
	00:30.05				
					

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN					Heat:1, starttime: 10:32
Heat: 1/7 Lane : 4 Athlete: LEROUX WOUT					Q-time: 00:29:82
PB (50m pool): 00:29.82 Antwerpen 22/03/2026					PB (25m pool): 00:28.09 SB: 00:29.82 Antwerpen 22/03/2026
	5 0 M				
PB	00:29.82				
	00:29.82				
					

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN					Heat:1, starttime: 10:32
Heat: 1/7 Lane : 7 Athlete: ROSIERS NICOLAS					Q-time: 00:30:19
PB (50m pool): 00:30.19 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 00:29.95 SB: 00:30.19 Zwembad Brigitte Becue 26/04/2026
	5 0 M				
PB	00:30.19				
	00:30.19				
					

Coach feedback:

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Event number: 22: 50M BACKSTROKE MEN							Heat:2, starttime: 10:33		
Heat: 2/7 Lane : 4 Athlete: NAAKTGEBOREN JAKOB							Q-time: 00:29:56		
PB (50m pool): 00:29.56 Antwerpen 15/03/2026							PB (25m pool): 00:28.26 SB: 00:29.56 Antwerpen 15/03/2026		
	5 0 M								
PB	00:29.56								
	00:29.56								
									

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN										Heat:5, starttime: 10:38																				
Heat: 5/7 Lane : 8 Athlete: VAN DEURSEN SIEBE																				Q-time: 00:28:66										
PB (50m pool): 00:28.66 Antwerpen 27/07/2025										PB (25m pool): 00:27.66 SB: 00:28.70 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:28.66																													
	00:28.66																													
																														

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN										Heat:6, starttime: 10:39																													
Heat: 6/7 Lane : 6 Athlete: DE MUL TOM																				Q-time: 00:27:47																			
PB (50m pool): 00:27.47 Antwerpen 22/03/2026																				PB (25m pool): 00:25.77 SB: 00:27.47 Antwerpen 22/03/2026																			
	5 0 M																																						
PB	00:27.47																																						
	00:27.47																																						
																																							

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN							Heat:7, starttime: 10:41		
Heat: 7/7 Lane : 4 Athlete: VERRETH NOAH							Q-time: 00:24:98		
PB (50m pool): 00:25.07 Antwerpen 22/03/2026							PB (25m pool): 00:23.42 SB: 00:25.07 Antwerpen 22/03/2026		
	5 0 M								
PB	00:25.07								
	00:25.07								
									

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN			Heat:1, starttime: 10:43
Heat: 1/9 Lane : 7 Athlete: VANGAMPELAERE LAURA			Q-time: 01:02:57
PB (50m pool): 01:02.57 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:01.07 SB: 01:02.57 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:30.07	01:02.57	
	00:30.07	00:32.50	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:4, starttime: 10:47
Heat: 4/9 Lane : 3 Athlete: DE DECKER FEBE			Q-time: 01:00:48
PB (50m pool): 01:00.55 Antwerpen 27/07/2025 PB (25m pool): 00:59.35 SB: 01:00.64 Luxembourg 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:29.05	01:00.55	
	00:29.05	00:31.50	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:6, starttime: 10:51
Heat: 6/9 Lane : 5 Athlete: VAN GYSEL MAITE			Q-time: 00:59:20
PB (50m pool): 00:59.12 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:57.99 SB: 00:59.12 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:28.72	00:59.12	
	00:28.72	00:30.40	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:6, starttime: 10:51
Heat: 6/9 Lane : 7 Athlete: HOSTE CELESTE			Q-time: 00:59:54
PB (50m pool): 01:01.00 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:01.00 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:29.37	01:01.00	
	00:29.37	00:31.63	
			

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN				Heat:8, starttime: 10:54			
Heat: 8/9 Lane : 1 Athlete: MATTHEEUWS LIE				Q-time: 00:58:45			
PB (50m pool): 00:58.45 Antwerpen 27/04/2025				PB (25m pool): 00:56.77 SB: 00:58.94 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:27.98	00:58.45					
	00:27.98	00:30.47					
							

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN				Heat:9, starttime: 10:55			
Heat: 9/9 Lane : 1 Athlete: VAN BRABANDT JULIETTE				Q-time: 00:58:40			
PB (50m pool): 00:58.40 Antwerpen 22/03/2026				PB (25m pool): 00:56.74 SB: 00:58.40 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M					
PB	00:27.74	00:58.40					
	00:27.74	00:30.66					
							

Coach feedback:

Event number: 26: 800M FREESTYLE WOMEN							Heat:1, starttime: 11:14	
Heat: 1/1 Lane : 3 Athlete: VINCK TINE							Q-time: 09:26:25	
PB (50m pool): 09:16.74 Antwerp 21/01/2024				PB (25m pool): 09:18.83 SB: no time				
	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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	09:16.74
								

Coach feedback:

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Event number: 27: 800M FREESTYLE MEN							Heat:1, starttime: 11:25										
Heat: 1/1 Lane : 3 Athlete: KOCKX HENRI							Q-time: 08:45:92										
PB (50m pool): 08:45.92 Antwerpen 27/07/2025									PB (25m pool): no time SB: 09:01.53 Antwerpen 22/03/2026								
	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	00:30.70		01:03.88		01:36.94		02:09.76		02:43.14		03:16.30		03:49.64		04:22.87		
	00:30.70		00:33.18		00:33.06		00:32.82		00:33.38		00:33.16		00:33.34		00:33.23		
																	
	4 5 0 M		5 0 0 M		5 5 0 M		6 0 0 M		6 5 0 M		7 0 0 M		7 5 0 M		8 0 0 M		
PB	04:56.41		05:29.42		06:02.61		06:35.73		07:08.86		07:41.49		08:14.48		08:45.92		
	00:33.54		00:33.01		00:33.19		00:33.12		00:33.13		00:32.63		00:32.99		00:31.44		
																	

Coach feedback: