

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

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

Coaches: Luyten Sjobbe

Coaches: Moors Joren HEADCOACH

PB => Personal Best time

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

Event number: 21: 200M BACKSTROKE WOMEN Heat:4, starttime: 10:28

Heat: 4/4 Lane : 1 Athlete: SPRANGERS KATO Q-time: 02:29:44

PB (50m pool): 02:29.44 Antwerpen 22/03/2026 PB (25m pool): 02:22.50 SB: 02:29.44 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.75	01:12.64	01:52.00	02:29.44	
	00:34.75	00:37.89	00:39.36	00:37.44	
					

Coach feedback: