

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

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

Coaches: Terryen Julien

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN

Heat:2, starttime: 09:15

Heat: 2/10 Lane : 5 Athlete: VAN DAELE DAAN

Q-time: 00:55:24

PB (50m pool): 00:55.24 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 00:54.82 SB: 00:55.24 Luxembourg - Kirchberg 15/03/2026

	5 0 M	1 0 0 M	
PB	00:26.71	00:55.24	
	00:26.71	00:28.53	
			

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN

Heat:5, starttime: 10:02

Heat: 5/8 Lane : 8 Athlete: BEIJNSBERGER MARE

Q-time: 00:29:63

PB (50m pool): 00:29.63 Antwerpen 27/07/2025 PB (25m pool): 00:33.71 SB: 00:30.79 Luxembourg - Kirchberg 15/03/2026

	5 0 M	
PB	00:29.63	
	00:29.63	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN

Heat:2, starttime: 10:08

Heat: 2/9 Lane : 4 Athlete: VANDORPE DANTE

Q-time: 00:32:48

PB (50m pool): 00:32.24 ANTWERPEN 30/07/2023 PB (25m pool): 00:32.02 SB: 00:33.07 Lochristi 01/02/2026

	5 0 M	
PB	00:32.24	
	00:32.24	
		

Coach feedback:

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Event number: 21: 200M BACKSTROKE WOMEN					Heat:2, starttime: 10:21
Heat: 2/4 Lane : 2 Athlete: BEIJNSBERGER MARE					Q-time: 02:25:91
PB (50m pool): 02:25.91 Antwerpen 27/07/2025					PB (25m pool): 02:26.71 SB: 02:34.20 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.71	01:09.75	01:48.01	02:25.91	
	00:32.71	00:37.04	00:38.26	00:37.90	
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN				Heat:4, starttime: 10:47
Heat: 4/9 Lane : 4 Athlete: MALFAIT LIZANNA (LIZI)				Q-time: 01:00:41
PB (50m pool): 01:00.41 Antwerpen 08/03/2026				PB (25m pool): 00:58.99 SB: 01:00.41 Antwerpen 08/03/2026
	5 0 M	1 0 0 M		
PB	00:29.37	01:00.41		
	00:29.37	00:31.04		
				

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN				Heat:4, starttime: 10:47
Heat: 4/9 Lane : 8 Athlete: BEIJNSBERGER MARE				Q-time: 01:00:81
PB (50m pool): 01:00.81 Antwerpen 27/07/2025				PB (25m pool): 01:00.64 SB: 01:01.74 Antwerpen 22/03/2026
	5 0 M	1 0 0 M		
PB	00:28.98	01:00.81		
	00:28.98	00:31.83		
				

Coach feedback:

Event number: 24: 400M MEDLEY MEN							Heat:1, starttime: 10:58	
Heat: 1/2 Lane : 2 Athlete: VAN DAELE DAAN							Q-time: 04:50:10	
PB (50m pool): 04:50.10 Antwerpen 27/07/2025							PB (25m pool): 04:49.57 SB: 04:53.97 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	00:31.32	01:06.71	01:44.25	02:21.06	03:01.80	03:43.43	04:17.59	04:50.10
	00:31.32	00:35.39	00:37.54	00:36.81	00:40.74	00:41.63	00:34.16	00:32.51
								

Coach feedback: