

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

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

Coaches: Matthijs Laurenz

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN			Heat:8, starttime: 09:24
Heat: 8/10 Lane : 7 Athlete: MEES BRENT			Q-time: 00:52:46
PB (50m pool): 00:52.46 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:50.55 SB: 00:52.82 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:25.37	00:52.46	
	00:25.37	00:27.09	
			

Coach feedback:

Event number: 16: 100M FREESTYLE MEN			Heat:9, starttime: 09:25
Heat: 9/10 Lane : 7 Athlete: MEES RUBEN			Q-time: 00:52:25
PB (50m pool): 00:52.25 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:50.38 SB: 00:52.25 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:24.79	00:52.25	
	00:24.79	00:27.46	
			

Coach feedback: