

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

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

Coaches: Van Hoof Natacha

Coaches: Laeremans Pieter

Coaches: Feyten Anne

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN					Heat:1, starttime: 09:00
Heat: 1/4 Lane : 3 Athlete: MERTENS HELENA					Q-time: 02:34:48
PB (50m pool): 02:34.48 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:31.78 SB: 02:34.48 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.25	01:12.67	01:59.47	02:34.48	
	00:33.25	00:39.42	00:46.80	00:35.01	
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN					Heat:3, starttime: 09:33
Heat: 3/8 Lane : 4 Athlete: DURT REINE					Q-time: 01:20:20
PB (50m pool): 01:20.20 Antwerpen 15/03/2026 PB (25m pool): 01:19.87 SB: 01:20.20 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	00:38.08	01:20.20			
	00:38.08	00:42.12			
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN					Heat:5, starttime: 09:37
Heat: 5/8 Lane : 1 Athlete: MERTENS FEMKE					Q-time: 01:19:11
PB (50m pool): 01:19.11 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:17.27 SB: 01:19.11 Olympic Pool Wezenberg, Antwer 29/03/2026					
	5 0 M	1 0 0 M			
PB	00:36.75	01:19.11			
	00:36.75	00:42.36			
					

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN			Heat:6, starttime: 09:39
Heat: 6/8 Lane : 1 Athlete: BOVEN AXELLE			Q-time: 01:16:72
PB (50m pool): 01:16.72 Antwerpen 27/07/2025			PB (25m pool): 01:14.85 SB: 01:17.38 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:36.01	01:16.72	
	00:36.01	00:40.71	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:2, starttime: 10:44
Heat: 2/9 Lane : 1 Athlete: MERTENS HELENA			Q-time: 01:01:70
PB (50m pool): 01:01.70 SportinGenk Park 21/04/2025			PB (25m pool): 01:00.37 SB: 01:02.31 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:30.12	01:01.70	
	00:30.12	00:31.58	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:2, starttime: 10:44
Heat: 2/9 Lane : 2 Athlete: BOVEN AXELLE			Q-time: 01:01:54
PB (50m pool): 01:00.92 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:59.50 SB: 01:00.92 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:29.33	01:00.92	
	00:29.33	00:31.59	
			

Coach feedback: