

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

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

Coaches: Guldentops Kevin

Coaches: Hanssens Yash

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 : 5 Athlete: DE BONT SAM Q-time: 02:21:96

PB (50m pool): 02:21.96 Olympic Pool Wezenberg, Antwer 30/03/2026 PB (25m pool): 02:17.74 SB: 02:24.52 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.62	01:09.26	01:50.19	02:21.96	
	00:30.62	00:38.64	00:40.93	00:31.77	
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN Heat:4, starttime: 09:35

Heat: 4/8 Lane : 4 Athlete: DE JONG SUZAN Q-time: 01:19:27

PB (50m pool): 01:19.27 Antwerpen 19/04/2026 PB (25m pool): 01:16.02 SB: 01:19.27 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	
PB	00:37.81	01:19.27	
	00:37.81	00:41.46	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN Heat:7, starttime: 09:41

Heat: 7/8 Lane : 3 Athlete: LAGEY LISELOTTE Q-time: 01:12:94

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 18: 200M BUTTERFLY MEN					Heat:2, starttime: 09:48
Heat: 2/4 Lane : 8 Athlete: BOODTS GERBEN					Q-time: 02:22:28
PB (50m pool): 02:22.28 Antwerpen 22/03/2026			PB (25m pool): 02:20.14 SB: 02:22.28 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.42	01:07.53	01:45.48	02:22.28	
	00:31.42	00:36.11	00:37.95	00:36.80	
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:4, starttime: 10:01
Heat: 4/8 Lane : 3 Athlete: VAN BUNDER AMY					Q-time: 00:29:84
PB (50m pool): 00:29.84 Lochristi 01/02/2026			PB (25m pool): 00:29.68 SB: 00:29.84 Lochristi 01/02/2026		
	5 0 M				
PB	00:29.84				
	00:29.84				
					

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN					Heat:2, starttime: 10:21
Heat: 2/4 Lane : 1 Athlete: DE JONG SUZAN					Q-time: 02:30:11
PB (50m pool): 02:32.60 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:28.17 SB: 02:32.60 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.16	01:14.95	01:54.39	02:32.60	
	00:36.16	00:38.79	00:39.44	00:38.21	
					

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN					Heat:4, starttime: 10:28
Heat: 4/4 Lane : 8 Athlete: STESENS EMMA-LOUISE					Q-time: 02:30:15
PB (50m pool): 02:30.15 Antwerpen 19/04/2026			PB (25m pool): 02:27.63 SB: 02:30.15 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.44	01:14.07	01:53.82	02:30.15	
	00:35.44	00:38.63	00:39.75	00:36.33	
					

Coach feedback:

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Event number: 22: 50M BACKSTROKE MEN			Heat:1, starttime: 10:32
Heat: 1/7 Lane : 8 Athlete: WAELPUT THOMAS			Q-time: 00:30:30
PB (50m pool): 00:30.30 Eindhoven 16/03/2025			PB (25m pool): 00:28.56 SB: 00:30.38 Antwerpen 22/03/2026
	5 0 M		
PB	00:30.30		
	00:30.30		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN			Heat:4, starttime: 10:36
Heat: 4/7 Lane : 1 Athlete: BOODTS GERBEN			Q-time: 00:29:15
PB (50m pool): 00:29.15 Antwerpen 20/04/2025			PB (25m pool): 00:27.93 SB: 00:29.23 Antwerpen 22/03/2026
	5 0 M		
PB	00:29.15		
	00:29.15		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN			Heat:4, starttime: 10:36
Heat: 4/7 Lane : 8 Athlete: MICHIELS SIBE			Q-time: 00:29:15
PB (50m pool): 00:29.15 Antwerpen 22/03/2026			PB (25m pool): 00:28.29 SB: 00:29.15 Antwerpen 22/03/2026
	5 0 M		
PB	00:29.15		
	00:29.15		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN			Heat:5, starttime: 10:49
Heat: 5/9 Lane : 1 Athlete: LAGEY LISELOTTE			Q-time: 01:00:21
PB (50m pool): 01:00.87 Antwerpen 19/04/2026			PB (25m pool): no time SB: 01:00.87 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:29.07	01:00.87	
	00:29.07	00:31.80	
			

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN			Heat:9, starttime: 10:55
Heat: 9/9 Lane : 3 Athlete: MICHIELS NORE			Q-time: 00:56:37
PB (50m pool): 00:56.37 Antwerpen 22/03/2026			PB (25m pool): 00:55.35 SB: 00:56.37 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.09	00:56.37	
	00:27.09	00:29.28	
			

Coach feedback: