

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

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

Coaches: Mertens Wenke

Coaches: Van de Weyer Rune

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN

Heat:5, starttime: 09:19

Heat: 5/10 Lane : 3 Athlete: VAN WAELDEREN THOMAS

Q-time: 00:53:78

PB (50m pool): 00:53.78 Antwerpen 22/03/2026

PB (25m pool): 00:52.02 SB: 00:53.78 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:25.77	00:53.78	
	00:25.77	00:28.01	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN

Heat:2, starttime: 09:31

Heat: 2/8 Lane : 4 Athlete: VINGERHOETS MADELIEF

Q-time: 01:21:17

PB (50m pool): 01:20.92 Lago Gent Rozebroeken 03/05/2026

PB (25m pool): no time SB: 01:20.92 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:37.18	01:20.92	
	00:37.18	00:43.74	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN

Heat:4, starttime: 10:10

Heat: 4/9 Lane : 6 Athlete: VAN WAELDEREN THOMAS

Q-time: 00:31:48

PB (50m pool): 00:31.48 SportinGenk Park 06/04/2026

PB (25m pool): 00:31.12 SB: 00:31.48 SportinGenk Park 06/04/2026

	5 0 M	
PB	00:31.48	
	00:31.48	
		

Coach feedback: