

# OBC LCM 2026: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

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

Coaches: Vereecken Sven

PB => Personal Best time

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

| Event number: 16: 100M FREESTYLE MEN            |           |           | Heat:1, starttime: 09:13                                  |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 1/10 Lane : 4 Athlete: HAESENDONCKX JARNE |           |           | Q-time: 00:55:56                                          |
| PB (50m pool): 00:55.56 Antwerpen 27/07/2025    |           |           | PB (25m pool): 00:54.21 SB: 00:56.19 Wezenberg 01/02/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:26.34  | 00:55.56  |                                                           |
|                                                 | 00:26.34  | 00:29.22  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 16: 100M FREESTYLE MEN             |           |           | Heat:2, starttime: 09:15                                  |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 2/10 Lane : 8 Athlete: VANTHOURNOUT XANDER |           |           | Q-time: 00:55:54                                          |
| PB (50m pool): 00:55.54 Antwerp 09/02/2025       |           |           | PB (25m pool): 00:54.16 SB: 00:55.98 Wezenberg 01/02/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:26.75  | 00:55.54  |                                                           |
|                                                  | 00:26.75  | 00:28.79  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 16: 100M FREESTYLE MEN              |           |           | Heat:3, starttime: 09:16                                  |
|---------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/10 Lane : 2 Athlete: VAN TILBURG MATTHIAS |           |           | Q-time: 00:54:98                                          |
| PB (50m pool): 00:54.98 Antwerpen 27/07/2025      |           |           | PB (25m pool): 00:52.86 SB: 00:55.75 Wezenberg 01/02/2026 |
|                                                   | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                | 00:26.41  | 00:54.98  |                                                           |
|                                                   | 00:26.41  | 00:28.57  |                                                           |
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Coach feedback:

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| Event number: 16: 100M FREESTYLE MEN            |           |           | Heat:3, starttime: 09:16                                  |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/10 Lane : 5 Athlete: VAN BALLAER VIKTOR |           |           | Q-time: 00:54:63                                          |
| PB (50m pool): 00:54.63 Antwerpen 22/03/2026    |           |           | PB (25m pool): 00:52.14 SB: 00:54.63 Antwerpen 22/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:25.91  | 00:54.63  |                                                           |
|                                                 | 00:25.91  | 00:28.72  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 16: 100M FREESTYLE MEN         |           |           | Heat:4, starttime: 09:18                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/10 Lane : 1 Athlete: MICHOEL QUINTEN |           |           | Q-time: 00:54:45                                          |
| PB (50m pool): 00:54.45 Antwerpen 27/07/2025 |           |           | PB (25m pool): 00:52.84 SB: 00:54.84 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:26.34  | 00:54.45  |                                                           |
|                                              | 00:26.34  | 00:28.11  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 17: 100M BREASTSTROKE WOMEN    |           |           | Heat:5, starttime: 09:37                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/8 Lane : 3 Athlete: DILLEN NORAH     |           |           | Q-time: 01:17:98                                          |
| PB (50m pool): 01:16.04 Antwerpen 28/07/2024 |           |           | PB (25m pool): 01:13.72 SB: 01:19.42 Wezenberg 01/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:16.04  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 20: 50M BREASTSTROKE MEN          |           |  | Heat:3, starttime: 10:09                                  |
|-------------------------------------------------|-----------|--|-----------------------------------------------------------|
| Heat: 3/9 Lane : 6 Athlete: VANTHOURNOUT XANDER |           |  | Q-time: 00:32:07                                          |
| PB (50m pool): 00:32.07 Antwerp 09/02/2025      |           |  | PB (25m pool): 00:30.97 SB: 00:33.03 Wezenberg 01/02/2026 |
|                                                 | 5 0 M     |  |                                                           |
| PB                                              | 00:32.07  |  |                                                           |
|                                                 | 00:32.07  |  |                                                           |
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Coach feedback:

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| Event number: 20: 50M BREASTSTROKE MEN               |           |  |  |  |  |  | Heat:4, starttime: 10:10                                       |  |
|------------------------------------------------------|-----------|--|--|--|--|--|----------------------------------------------------------------|--|
| Heat: 4/9    Lane : 5    Athlete: VAN BALLAER VIKTOR |           |  |  |  |  |  | Q-time: 00:31:39                                               |  |
| PB (50m pool): 00:31.39    Wezenberg    01/02/2026   |           |  |  |  |  |  | PB (25m pool): 00:29.66SB: 00:31.39    Wezenberg    01/02/2026 |  |
|                                                      | 5 0 M     |  |  |  |  |  |                                                                |  |
| PB                                                   | 00:31.39  |  |  |  |  |  |                                                                |  |
|                                                      | 00:31.39  |  |  |  |  |  |                                                                |  |
|                                                      | . . . . . |  |  |  |  |  |                                                                |  |

Coach feedback:

|                                                       |           |  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|-------------------------------------------------------|-----------|--|--|--|--|--|--|--|--|----------------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|
| Event number: 22: 50M BACKSTROKE MEN                  |           |  |  |  |  |  |  |  |  | Heat:2, starttime: 10:33                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| Heat: 2/7    Lane : 1    Athlete: HAESSENDONCKX JARNE |           |  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  | Q-time: 00:29:76 |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:29.76    Antwerpen    27/07/2025    |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:28.36SB: 00:30.14    Wezenberg    01/02/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                       | 5 0 M     |  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| PB                                                    | 00:29.76  |  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                       | 00:29.76  |  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                       | . . . . . |  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |

Coach feedback:

| Event number: 22: 50M BACKSTROKE MEN                   |           |  |  | Heat:7, starttime: 10:41                                       |  |  |  |  |
|--------------------------------------------------------|-----------|--|--|----------------------------------------------------------------|--|--|--|--|
| Heat: 7/7    Lane : 8    Athlete: VAN TILBURG MATTHIAS |           |  |  | Q-time: 00:28:49                                               |  |  |  |  |
| PB (50m pool): 00:28.49    Antwerpen    27/07/2025     |           |  |  | PB (25m pool): 00:26.68SB: 00:28.71    Antwerpen    22/03/2026 |  |  |  |  |
|                                                        | 5 0 M     |  |  |                                                                |  |  |  |  |
| PB                                                     | 00:28.49  |  |  |                                                                |  |  |  |  |
|                                                        | 00:28.49  |  |  |                                                                |  |  |  |  |
|                                                        | . . . . . |  |  |                                                                |  |  |  |  |

Coach feedback: