

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 16: 100M FREESTYLE MEN Heat:3, starttime: 09:16

Heat: 3/10 Lane : 3 Athlete: VERROKEN GERBEN Q-time: 00:54:82

PB (50m pool): 00:54.82 Antwerpen 27/07/2025 PB (25m pool): 00:54.29 SB: 00:55.15 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:26.16	00:54.82	
	00:26.16	00:28.66	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN Heat:1, starttime: 10:07

Heat: 1/9 Lane : 4 Athlete: DE PEYPER NOAH Q-time: 00:32:81

PB (50m pool): 00:32.81 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:31.57 SB: 00:33.35 Antwerpen 22/03/2026

	5 0 M	
PB	00:32.81	
	00:32.81	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN Heat:3, starttime: 10:09

Heat: 3/9 Lane : 3 Athlete: VERROKEN GERBEN Q-time: 00:32:07

PB (50m pool): 00:32.07 Antwerpen 27/07/2025 PB (25m pool): 00:31.61 SB: 00:32.67 Antwerpen 22/03/2026

	5 0 M	
PB	00:32.07	
	00:32.07	
		

Coach feedback:

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

Event number: 22: 50M BACKSTROKE MEN										Heat:2, starttime: 10:33	
Heat: 2/7 Lane : 7 Athlete: VOLCKAERT MATTHIAS										Q-time: 00:29:73	
PB (50m pool): 00:29.73 Olympic Pool Wezenberg, Antwer 29/03/26										PB (25m pool): 00:28.43 SB: 00:29.73 Olympic Pool Wezenberg, Antwer 29/03/26	
	5 0 M										
PB	00:29.73										
	00:29.73										
											

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN										Heat:4, starttime: 10:36	
Heat: 4/7 Lane : 2 Athlete: VERROKEN GERBEN										Q-time: 00:29:11	
PB (50m pool): 00:29.11 Aalst 26/04/2026										PB (25m pool): 00:28.76 SB: 00:29.11 Aalst 26/04/2026	
	5 0 M										
PB	00:29.11										
	00:29.11										
											

Coach feedback:

Event number: 27: 800M FREESTYLE MEN						Heat:1, starttime: 11:25		
Heat: 1/1 Lane : 6 Athlete: PERSOONS EMIEL						Q-time: 09:03:67		
PB (50m pool): 09:03.67 Antwerpen 22/03/2026						PB (25m pool): 08:58.77 SB: 09:03.67 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.72	01:04.27	01:38.69	02:12.98	02:47.77	03:22.58	03:57.35	04:31.49
	00:30.72	00:33.55	00:34.42	00:34.29	00:34.79	00:34.81	00:34.77	00:34.14
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:06.47	05:41.15	06:15.81	06:50.02	07:24.39	07:58.47	08:31.97	09:03.67
	00:34.98	00:34.68	00:34.66	00:34.21	00:34.37	00:34.08	00:33.50	00:31.70
								

Coach feedback: