

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

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

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 : 4 Athlete: VERDONCK FLEUR

Q-time: 02:18:00

PB (50m pool): 02:15.33 Antwerpen 12/02/2023

PB (25m pool): 02:16.59 SB: 02:18.00 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:15.33	
	no time				
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN

Heat:10, starttime: 09:27

Heat: 10/10 Lane : 1 Athlete: VAN EGDOM WOUT

Q-time: 00:52:58

PB (50m pool): 00:52.56 Antwerpen 28/07/2024

PB (25m pool): 00:51.06 SB: 00:53.36 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	00:52.56	
	no time		
			

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN

Heat:7, starttime: 10:41

Heat: 7/7 Lane : 1 Athlete: VAN EGDOM WOUT

Q-time: 00:28:30

PB (50m pool): 00:28.23 Antwerpen 21/04/2024

PB (25m pool): 00:27.09 SB: 00:29.09 Antwerpen 22/03/2026

	5 0 M	
PB	00:28.23	
	00:28.23	
		

Coach feedback: