

OBC LCM 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 15:00 untill 16:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Tampieri Matteo HEADCOACH

Coaches: Hendrickx Lander

PB => Personal Best time

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

Event number: 26: 800M FREESTYLE WOMEN - Heat:2, starttime: 17:53

Heat: 2/1 Lane : 6 Athlete: VANDERLINDEN SIRI							Q-time: 08:53:56	
PB (50m pool): 08:53.56 Antwerpen 22/03/2026				PB (25m pool): 08:41.10 SB: 08:53.56 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	00:30.20	01:02.90	01:36.13	02:09.74	02:43.47	03:17.24	03:51.10	04:24.82
	00:30.20	00:32.70	00:33.23	00:33.61	00:33.73	00:33.77	00:33.86	00:33.72
								
	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	04:58.84	05:32.59	06:06.61	06:40.81	07:14.70	07:48.65	08:21.88	08:53.56
	00:34.02	00:33.75	00:34.02	00:34.20	00:33.89	00:33.95	00:33.23	00:31.68
								

Coach feedback:

Event number: 28: 4x100M FREESTYLE WOMEN Heat:1, starttime: 18:13

Heat: 1/1 Lane : 7 Athlete: TEAM LAQUA 1							Q-time: 04:07:56	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

Event number: 29: 4x100M FREESTYLE MEN Heat:2, starttime: 18:23

Heat: 2/2 Lane : 6 Athlete: TEAM LAQUA 1							Q-time: 03:32:95	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: