

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

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

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

Event number: 28: 4x100M FREESTYLE WOMEN							Heat:1, starttime: 18:13	
Heat: 1/1 Lane : 5 Athlete: TEAM MEGA 1							Q-time: 03:56:60	
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 : 5 Athlete: TEAM MEGA 1							Q-time: 03:27:11	
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: