

# OBC LCM 2026: Session: 4: COACH evaluation sheet for TEAM: TSZ

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

Coaches: Guldentops Kevin

Coaches: Hanssens Yash

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 : 2 Athlete: TEAM TSZ 11

Q-time: 04:03:14

| 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:1, starttime: 18:18

Heat: 1/2 Lane : 3 Athlete: TEAM TSZ 1

Q-time: 03:48:17

| 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: