

OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Hoffmann Serge HEADCOACH

PB => Personal Best time

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

Event number: 30: 200M FREESTYLE MEN					Heat:1, starttime: 09:00
Heat: 1/5 Lane : 3 Athlete: RAVELINGIEN TIBE					Q-time: 02:01:01
PB (50m pool): 02:01.01 Olympic Pool Wezenberg, Antwer 29/03/2024					PB (25m pool): 02:00.12 SB: 02:01.01 Olympic Pool Wezenberg, Antwer 29/03/2024
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.62	00:58.05	01:30.24	02:01.01	
	00:27.62	00:30.43	00:32.19	00:30.77	
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN					Heat:1, starttime: 09:00
Heat: 1/5 Lane : 6 Athlete: VAN BRUSSEL DYLANO					Q-time: 02:01:31
PB (50m pool): 02:04.50 Antwerpen 21/04/2024					PB (25m pool): 01:58.38 SB: 02:05.19 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:04.50	
	no time				
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN					Heat:3, starttime: 09:05
Heat: 3/5 Lane : 2 Athlete: KINDT LEVI					Q-time: 01:54:69
PB (50m pool): 01:55.85 Antwerpen 22/03/2026					PB (25m pool): 01:51.48 SB: 01:55.85 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.79	00:56.32	01:26.39	01:55.85	
	00:26.79	00:29.53	00:30.07	00:29.46	
					

Coach feedback:

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Event number: 30: 200M FREESTYLE MEN					Heat:5, starttime: 09:10
Heat: 5/5 Lane : 6 Athlete: LAMMENS SEPPE					Q-time: 01:52:86
PB (50m pool): 01:52.86 Antwerpen 22/03/2026			PB (25m pool): 01:49.80 SB: 01:52.86 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.39	00:55.62	01:24.83	01:52.86	
	00:26.39	00:29.23	00:29.21	00:28.03	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:2, starttime: 09:17
Heat: 2/4 Lane : 6 Athlete: BROECKAERT NOA					Q-time: 02:31:67
PB (50m pool): 02:31.67 Antwerpen 22/03/2026			PB (25m pool): 02:31.08 SB: 02:31.67 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.87	01:11.94	01:51.64	02:31.67	
	00:32.87	00:39.07	00:39.70	00:40.03	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:1, starttime: 09:27
Heat: 1/6 Lane : 2 Athlete: ESHUIS THOM					Q-time: 02:40:63
PB (50m pool): 02:40.63 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 02:37.67 SB: 02:41.33 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.12	01:17.59	01:59.44	02:40.63	
	00:36.12	00:41.47	00:41.85	00:41.19	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:1, starttime: 09:27
Heat: 1/6 Lane : 6 Athlete: CALLEWAERT NIELS					Q-time: 02:40:62
PB (50m pool): 02:40.62 Antwerpen 22/03/2026			PB (25m pool): 02:36.43 SB: 02:40.62 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.89	01:13.94	01:56.51	02:40.62	
	00:33.89	00:40.05	00:42.57	00:44.11	
					

Coach feedback:

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Event number: 32: 200M BREASTSTROKE MEN					Heat:4, starttime: 09:37
Heat: 4/6 Lane : 6 Athlete: METZEMAKERS NOA					Q-time: 02:22:25
PB (50m pool): 02:21.00 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:18.08 SB: 02:21.00 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.83	01:08.56	01:45.68	02:21.00	
	00:31.83	00:36.73	00:37.12	00:35.32	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:6, starttime: 09:43
Heat: 6/6 Lane : 6 Athlete: DESPALLIER DAAN					Q-time: 02:21:00
PB (50m pool): 02:21.00 Antwerpen 22/03/2026 PB (25m pool): 02:16.15 SB: 02:21.00 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.61	01:07.40	01:43.41	02:21.00	
	00:31.61	00:35.79	00:36.01	00:37.59	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:2, starttime: 09:49
Heat: 2/10 Lane : 4 Athlete: VAN LAARHOVEN ALESSIA					Q-time: 01:11:19
PB (50m pool): 01:10.35 Antwerpen 28/07/2024 PB (25m pool): 01:08.68 SB: 01:12.71 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M			
PB	no time	01:10.35			
	no time				
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:4, starttime: 09:53
Heat: 4/10 Lane : 4 Athlete: VAN DEN WYNGAERT ELIZABETH					Q-time: 01:09:89
PB (50m pool): 01:09.51 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:05.74 SB: 01:09.51 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:33.42	01:09.51			
	00:33.42	00:36.09			
					

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN			Heat:5, starttime: 09:55
Heat: 5/10 Lane : 7 Athlete: TEMMERMAN ELYNNE			Q-time: 01:09:57
PB (50m pool): 01:09.57 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:08.16 SB: 01:09.57 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.72	01:09.57	
	00:33.72	00:35.85	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:7, starttime: 10:00
Heat: 7/10 Lane : 1 Athlete: KELDERMAN FRAN			Q-time: 01:08:08
PB (50m pool): 01:08.08 Antwerpen 27/07/2025 PB (25m pool): 01:06.60 SB: 01:09.82 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.09	01:08.08	
	00:33.09	00:34.99	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:9, starttime: 10:04
Heat: 9/10 Lane : 5 Athlete: BROECKAERT NOOR			Q-time: 01:03:73
PB (50m pool): 01:03.73 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:02.33 SB: 01:04.65 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:30.44	01:03.73	
	00:30.44	00:33.29	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:10, starttime: 10:07
Heat: 10/10 Lane : 2 Athlete: HEIJL OLIVIA			Q-time: 01:05:72
PB (50m pool): 01:05.58 ANTWERPEN 30/07/2023 PB (25m pool): 01:03.59 SB: 01:05.72 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	no time	01:05.58	
	no time		
			

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN			Heat:10, starttime: 10:07
Heat: 10/10 Lane : 8 Athlete: METZEMAKERS LéA			Q-time: 01:06:90
PB (50m pool): 01:06.90 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:03.72 SB: 01:09.14 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:33.23	01:06.90	
	00:33.23	00:33.67	
			

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN			Heat:1, starttime: 10:09
Heat: 1/7 Lane : 2 Athlete: VAN BRUSSEL DYLANO			Q-time: 00:27:14
PB (50m pool): 00:27.67 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 00:27.62 SB: 00:27.67 Olympic Pool Wezenberg, Antwer 29/03/2025			
	5 0 M		
PB	00:27.67		
	00:27.67		
			

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN			Heat:1, starttime: 10:09
Heat: 1/7 Lane : 6 Athlete: NIJSKENS KAREL			Q-time: 00:27:12
PB (50m pool): 00:27.12 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 00:26.87 SB: 00:27.12 Olympic Pool Wezenberg, Antwer 29/03/2025			
	5 0 M		
PB	00:27.12		
	00:27.12		
			

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN			Heat:3, starttime: 10:11
Heat: 3/7 Lane : 3 Athlete: OPDENBERGH MERLIJN			Q-time: 00:26:48
PB (50m pool): 00:26.48 Antwerpen 27/07/2025 PB (25m pool): 00:26.96 SB: 00:26.99 Zwembad Brigitte Becue 26/04/2026			
	5 0 M		
PB	00:26.48		
	00:26.48		
			

Coach feedback:

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Event number: 34: 50M BUTTERFLY MEN				Heat:3, starttime: 10:11	
Heat: 3/7 Lane : 7 Athlete: SZABO PETER				Q-time: 00:26:51	
PB (50m pool): 00:26.85 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:27.40 SB: 00:26.85 Zwembad Brigitte Becue 26/04/2026					
	5 0 M				
PB	00:26.85				
	00:26.85				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN				Heat:4, starttime: 10:12	
Heat: 4/7 Lane : 3 Athlete: BRACKE ERNO				Q-time: 00:26:14	
PB (50m pool): 00:26.14 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:26.02 SB: 00:26.14 Zwembad Brigitte Becue 26/04/2026					
	5 0 M				
PB	00:26.14				
	00:26.14				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN				Heat:5, starttime: 10:13	
Heat: 5/7 Lane : 2 Athlete: VERVLOET RUWEN				Q-time: 00:25:57	
PB (50m pool): 00:25.57 Antwerpen 22/03/2026				PB (25m pool): 00:25.34 SB: 00:25.57 Antwerpen 22/03/2026	
	5 0 M				
PB	00:25.57				
	00:25.57				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN				Heat:5, starttime: 10:13	
Heat: 5/7 Lane : 3 Athlete: VANHAMEL YONAS				Q-time: 00:25:13	
PB (50m pool): 00:25.13 Antwerpen 27/04/2025				PB (25m pool): 00:25.08 SB: 00:25.18 Antwerpen 22/03/2026	
	5 0 M				
PB	00:25.13				
	00:25.13				
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY MEN							Heat:6, starttime: 10:14		
Heat: 6/7 Lane : 1 Athlete: LAMMENS SEPPE							Q-time: 00:25:83		
PB (50m pool): 00:25.83 Luxembourg 01/02/2026							PB (25m pool): 00:25.47 SB: 00:25.83 Luxembourg 01/02/2026		
	5 0 M								
PB	00:25.83								
	00:25.83								
									

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:6, starttime: 10:14				
Heat: 6/7 Lane : 4 Athlete: VAN HOOYDONCK VINCENT					Q-time: 00:23:97				
PB (50m pool): 00:23.97 Antwerpen 22/03/2026					PB (25m pool): 00:23.83SB: 00:23.97 Antwerpen 22/03/2026				
	5 0 M								
PB	00:23.97								
	00:23.97								
									

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:1, starttime: 10:17	
Heat: 1/5 Lane : 4 Athlete: MOR IRIS					Q-time: 02:50:96	
PB (50m pool): 02:50.96 Antwerpen 08/03/2026		PB (25m pool): 02:52.74 SB: 02:50.96 Antwerpen 08/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:38.64	01:23.43	02:08.04	02:50.96		
	00:38.64	00:44.79	00:44.61	00:42.92		
						

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:1, starttime: 10:17	
Heat: 1/5 Lane : 7 Athlete: TALBOOM LIES					Q-time: 02:59:00	
PB (50m pool): 02:59.00 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 02:52.34 SB: 02:59.00 Olympic Pool Wezenberg, Antwer 29/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.02	01:25.76	02:11.73	02:59.00		
	00:40.02	00:45.74	00:45.97	00:47.27		
						

Coach feedback:

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Event number: 35: 200M BREASTSTROKE WOMEN					Heat:2, starttime: 10:20
Heat: 2/5 Lane : 1 Athlete: FATIH AYA					Q-time: 02:50:39
PB (50m pool): 02:50.39 Antwerpen 27/04/2025			PB (25m pool): 02:46.02 SB: 02:51.56 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.77	01:21.17	02:04.71	02:50.39	
	00:37.77	00:43.40	00:43.54	00:45.68	
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:5, starttime: 10:30
Heat: 5/5 Lane : 7 Athlete: DHOOGHE KATIA					Q-time: 02:44:65
PB (50m pool): 02:44.55 Antwerpen 21/04/2024			PB (25m pool): 02:37.79 SB: 02:45.70 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	02:44.55	
	no time				
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:5, starttime: 10:30
Heat: 5/5 Lane : 8 Athlete: LEPAGE AMÉLIE					Q-time: 02:46:78
PB (50m pool): 02:46.78 Antwerpen 22/03/2026			PB (25m pool): 02:46.71 SB: 02:46.78 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.32	01:18.49	02:02.66	02:46.78	
	00:36.32	00:42.17	00:44.17	00:44.12	
					

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN					Heat:2, starttime: 10:37
Heat: 2/8 Lane : 7 Athlete: NOLLET ROBBE					Q-time: 01:05:80
PB (50m pool): 01:05.29 Antwerpen 28/07/2024			PB (25m pool): 01:03.09 SB: 01:06.21 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M			
PB	no time	01:05.29			
	no time				
					

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN			Heat:6, starttime: 10:45
Heat: 6/8 Lane : 2 Athlete: HEYRMAN TIGO			Q-time: 01:00:62
PB (50m pool): 01:00.62 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:58.69 SB: 01:00.62 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:29.24	01:00.62	
	00:29.24	00:31.38	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:6, starttime: 10:45
Heat: 6/8 Lane : 3 Athlete: VOLDERS ARNE			Q-time: 00:59:01
PB (50m pool): 00:59.01 Antwerpen 27/07/2025			PB (25m pool): 00:56.31 SB: 00:59.85 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:28.39	00:59.01	
	00:28.39	00:30.62	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:7, starttime: 10:47
Heat: 7/8 Lane : 2 Athlete: GORIS RUBEN			Q-time: 01:00:62
PB (50m pool): 01:00.62 Antwerpen 22/03/2026			PB (25m pool): 00:59.51 SB: 01:00.62 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:29.38	01:00.62	
	00:29.38	00:31.24	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:7, starttime: 10:47
Heat: 7/8 Lane : 3 Athlete: LAVDANITI ZHULIAN XHOI			Q-time: 00:58:08
PB (50m pool): 00:57.55 ANTWERPEN 23/04/2023			PB (25m pool): 00:56.24 SB: 00:58.61 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	00:57.55	
	no time		
			

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN										Heat:3, starttime: 10:54																													
Heat: 3/9 Lane : 6 Athlete: BROECKAERT NOA																				Q-time: 00:28:25																			
PB (50m pool): 00:28.12 Zwembad Brigitte Becue 26/04/2026																				PB (25m pool): 00:27.53SB: 00:28.12 Zwembad Brigitte Becue 26/04/2026																			
	5 0 M																																						
PB	00:28.12																																						
	00:28.12																																						
																																							

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN										Heat:3, starttime: 10:54	
Heat: 3/9 Lane : 7 Athlete: KELDERMAN FRAN										Q-time: 00:28:27	
PB (50m pool): 00:28.27 Olympic Pool Wezenberg, Antwer 29/03/2026										PB (25m pool): 00:27.98 SB: 00:28.27 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M										
PB	00:28.27										
	00:28.27										
											

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN							Heat:4, starttime: 10:55		
Heat: 4/9 Lane : 5 Athlete: STREEP FLO							Q-time: 00:27:79		
PB (50m pool): 00:27.79 Wezenberg 01/02/2026							PB (25m pool): 00:27.28SB: 00:27.79 Wezenberg 01/02/2026		
	5 0 M								
PB	00:27.79								
	00:27.79								
									

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN							Heat:4, starttime: 10:55		
Heat: 4/9 Lane : 6 Athlete: HEIJL OLIVIA							Q-time: 00:27:89		
PB (50m pool): 00:27.89 Antwerpen 22/03/2026							PB (25m pool): 00:27.53SB: 00:27.89 Antwerpen 22/03/2026		
	5 0 M								
PB	00:27.89								
	00:27.89								
									

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN										Heat:5, starttime: 10:56																					
Heat: 5/9 Lane : 7 Athlete: GENBRUGGE ÉLÉA																				Q-time: 00:27:66											
PB (50m pool): 00:27.66 Antwerpen 08/03/2026										PB (25m pool): 00:27.27 SB: 00:27.66 Antwerpen 08/03/2026																					
		5 0 M																													
PB		00:27.66																													
		00:27.66																													
																															

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN						Heat:6, starttime: 10:57	
Heat: 6/9 Lane : 6 Athlete: MAEREVOET MARIE						Q-time: 00:27:31	
PB (50m pool): 00:27.17 Antwerpen 28/07/2024						PB (25m pool): 00:26.55 SB: 00:28.12 Zwembad Brigitte Becue 26/04/2026	
	5 0 M						
PB	00:27.17						
	00:27.17						
							

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN							Heat:7, starttime: 10:58		
Heat: 7/9 Lane : 2 Athlete: VAN DEN WYNGAERT ELIZABETH							Q-time: 00:26:90		
PB (50m pool): 00:26.89 Zwembad Brigitte Becue 26/04/2026							PB (25m pool): 00:26.28 SB: 00:26.89 Zwembad Brigitte Becue 26/04/2026		
	5 0 M								
PB	00:26.89								
	00:26.89								
									

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN										Heat:8, starttime: 10:59																				
Heat: 8/9 Lane : 7 Athlete: BROECKAERT NOOR																				Q-time: 00:26:96										
PB (50m pool): 00:26.96 Antwerpen 27/07/2025										PB (25m pool): 00:26.33SB: 00:27.18 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:26.96																													
	00:26.96																													
																														

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN				Heat:9, starttime: 11:00	
Heat: 9/9 Lane : 2 Athlete: METZEMAKERS LÉA				Q-time: 00:26:76	
PB (50m pool): 00:26.76 Antwerpen 27/04/2025				PB (25m pool): 00:26.48 SB: 00:26.93 Antwerpen 22/03/2026	
	5 0 M				
PB	00:26.76				
	00:26.76				
					

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN				Heat:9, starttime: 11:00	
Heat: 9/9 Lane : 3 Athlete: RAVELINGIEN LANA				Q-time: 00:26:25	
PB (50m pool): 00:26.25 Antwerpen 22/03/2026				PB (25m pool): 00:25.87 SB: 00:26.25 Antwerpen 22/03/2026	
	5 0 M				
PB	00:26.25				
	00:26.25				
					

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:5, starttime: 11:14	
Heat: 5/5 Lane : 2 Athlete: METZEMAKERS NOA					Q-time: 02:13:84	
PB (50m pool): 02:13.84 Antwerpen 22/03/2026					PB (25m pool): 02:14.63 SB: 02:13.84 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:27.96	01:05.42	01:43.88	02:13.84		
	00:27.96	00:37.46	00:38.46	00:29.96		
						

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:5, starttime: 11:14	
Heat: 5/5 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI					Q-time: 02:07:18	
PB (50m pool): 02:06.99 ANTWERPEN 23/04/2023					PB (25m pool): 02:03.84 SB: 02:10.71 Olympic Pool Wezenberg, Antwer 29	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:06.99		
	no time					
						

Coach feedback:

OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 39: 400M FREESTYLE WOMEN							Heat:3, starttime: 11:27	
Heat: 3/3 Lane : 3 Athlete: RAVELINGIEN LANA							Q-time: 04:21:50	
PB (50m pool): 04:21.50 Antwerpen 27/07/2025				PB (25m pool): 04:16.54 SB: 04:21.61 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	00:28.83	01:01.79	01:35.45	02:09.02	02:42.46	03:15.96	03:49.16	04:21.50
	00:28.83	00:32.96	00:33.66	00:33.57	00:33.44	00:33.50	00:33.20	00:32.34
								

Coach feedback: