

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

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

Coaches: Collard Nicolas HEADCOACH

Coaches: Gueret Aurore

Coaches: Blondeel Nathalie

PB => Personal Best time

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

Event number: 31: 200M BUTTERFLY WOMEN					Heat:2, starttime: 09:17
Heat: 2/4 Lane : 2 Athlete: XENOU VIRGINIA					Q-time: 02:33:57
PB (50m pool): 02:33.57 Antwerpen 27/07/2025					PB (25m pool): 02:29.76 SB: 02:33.76 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.81	01:14.05	01:53.29	02:33.57	
	00:34.81	00:39.24	00:39.24	00:40.28	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:5, starttime: 09:55
Heat: 5/10 Lane : 2 Athlete: MACHALE JULIA					Q-time: 01:09:50
PB (50m pool): 01:09.17 Antwerpen 21/04/2024					PB (25m pool): 01:06.14 SB: 01:09.50 Eindhoven 22/03/2026
	5 0 M	1 0 0 M			
PB	no time	01:09.17			
	no time				
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:8, starttime: 10:02
Heat: 8/10 Lane : 2 Athlete: GRIES LAURE					Q-time: 01:06:14
PB (50m pool): 01:06.14 Antwerpen 27/07/2025					PB (25m pool): 01:04.02 SB: 01:07.73 Charleroi 15/02/2026
	5 0 M	1 0 0 M			
PB	00:31.88	01:06.14			
	00:31.88	00:34.26			
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY MEN				Heat:3, starttime: 10:11
Heat: 3/7 Lane : 2 Athlete: DU BOIS DE VROYLANDE HAROLD				Q-time: 00:26:50
PB (50m pool): 00:26.87 ANTWERPEN 30/07/2023				PB (25m pool): 00:25.26 SB: no time
	5 0 M			
PB	00:26.87			
	00:26.87			
				

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:1, starttime: 10:17
Heat: 1/5 Lane : 3 Athlete: RENAUD ALVA					Q-time: 02:53:96
PB (50m pool): 02:53.96 Antwerpen 27/07/2025					PB (25m pool): 02:48.87 SB: 02:58.30 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.09	01:24.92	02:10.12	02:53.96	
	00:40.09	00:44.83	00:45.20	00:43.84	
					

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN				Heat:2, starttime: 10:37
Heat: 2/8 Lane : 5 Athlete: DA CONCEICAO SOUSA LUIS GABRIE				Q-time: 01:05:46
PB (50m pool): 01:05.46 Antwerpen 27/07/2025				PB (25m pool): 01:03.28 SB: no time
	5 0 M	1 0 0 M		
PB	00:31.11	01:05.46		
	00:31.11	00:34.35		
				

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN				Heat:6, starttime: 10:45
Heat: 6/8 Lane : 1 Athlete: SFAR MEHDI				Q-time: 01:01:62
PB (50m pool): 01:01.62 Antwerpen 27/07/2025				PB (25m pool): 01:00.95 SB: no time
	5 0 M	1 0 0 M		
PB	00:29.75	01:01.62		
	00:29.75	00:31.87		
				

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN							Heat:2, starttime: 10:53	
Heat: 2/9 Lane : 3 Athlete: GRIES LAURE							Q-time: 00:28:56	
PB (50m pool): 00:28.39 Woluwe-Saint-Pierre 14/12/2024							PB (25m pool): 00:27.85SB: 00:29.33 Charleroi 15/02/2026	
	5 0 M							
PB	00:28.39							
	00:28.39							
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:3, starttime: 11:08	
Heat: 3/5 Lane : 8 Athlete: EVERSONAS JONAS					Q-time: 02:16:28	
PB (50m pool): 02:16.28 Wezenberg 03/01/2026					PB (25m pool): 02:19.42 SB: 02:16.28 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:28.66	01:06.81	01:44.60	02:16.28		
	00:28.66	00:38.15	00:37.79	00:31.68		
						

Coach feedback: