

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

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

Coaches: Smet Kathleen HEADCOACH

PB => Personal Best time

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

Event number: 31: 200M BUTTERFLY WOMEN					Heat:1, starttime: 09:13
Heat: 1/4 Lane : 7 Athlete: ENGELN FLOOR					Q-time: 02:42:01
PB (50m pool): 02:42.01 Antwerpen 20/07/2025					PB (25m pool): 02:36.21 SB: 02:42.80 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.84	01:16.41	01:58.35	02:42.01	
	00:35.84	00:40.57	00:41.94	00:43.66	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:4, starttime: 09:23
Heat: 4/4 Lane : 5 Athlete: VERTESSN FRAN					Q-time: 02:24:14
PB (50m pool): 02:24.14 Antwerpen 22/03/2026					PB (25m pool): 02:21.54 SB: 02:24.14 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.82	01:08.14	01:45.75	02:24.14	
	00:31.82	00:36.32	00:37.61	00:38.39	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:2, starttime: 09:30
Heat: 2/6 Lane : 6 Athlete: JORISSEN RUBE					Q-time: 02:34:44
PB (50m pool): 02:32.03 Antwerpen 21/04/2024					PB (25m pool): 02:24.88 SB: 02:34.50 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	02:32.03	
	no time				
					

Coach feedback:

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

Event number: 33: 100M BACKSTROKE WOMEN			Heat:3, starttime: 09:51
Heat: 3/10 Lane : 1 Athlete: RENETTE LENA			Q-time: 01:11:09
PB (50m pool): 01:11.09 Antwerpen 27/07/2025			PB (25m pool): 01:09.23 SB: 01:12.01 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:34.15	01:11.09	
	00:34.15	00:36.94	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:3, starttime: 09:51
Heat: 3/10 Lane : 3 Athlete: VANHEES ELLA			Q-time: 01:10:72
PB (50m pool): 01:10.72 Antwerpen 27/07/2025			PB (25m pool): 01:09.34 SB: 01:12.67 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.83	01:10.72	
	00:33.83	00:36.89	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:6, starttime: 09:58
Heat: 6/10 Lane : 6 Athlete: FREDERIX MAYA			Q-time: 01:09:03
PB (50m pool): 01:09.03 Seraing 23/03/2025			PB (25m pool): 01:05.43 SB: 01:12.02 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.56	01:09.03	
	00:33.56	00:35.47	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:8, starttime: 10:02
Heat: 8/10 Lane : 7 Athlete: MELOTTE PIA			Q-time: 01:06:32
PB (50m pool): 01:06.62 Antwerpen 27/07/2025			PB (25m pool): 01:05.51 SB: 01:07.00 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.07	01:06.62	
	00:32.07	00:34.55	
			

Coach feedback:

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

Event number: 33: 100M BACKSTROKE WOMEN							Heat:9, starttime: 10:04		
Heat: 9/10 Lane : 7 Athlete: VANDEVENNE LIAH							Q-time: 01:06:28		
PB (50m pool): 01:06.28 Antwerpen 22/03/2026				PB (25m pool): 01:04.46 SB: 01:06.28 Antwerpen 22/03/2026					
	5 0 M		1 0 0 M						
PB	00:31.86		01:06.28						
	00:31.86		00:34.42						
									

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN							Heat:3, starttime: 10:11		
Heat: 3/7 Lane : 5 Athlete: BAELEN TOBE							Q-time: 00:26:41		
PB (50m pool): 00:26.41 Antwerpen 08/03/2026							PB (25m pool): 00:26.69SB: 00:26.41 Antwerpen 08/03/2026		
	5 0 M								
PB	00:26.41								
	00:26.41								
									

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:4, starttime: 10:27	
Heat: 4/5 Lane : 2 Athlete: PUT FIEN					Q-time: 02:44:36	
PB (50m pool): 02:44.36 Antwerpen 08/03/2026			PB (25m pool): 02:43.09 SB: 02:44.36 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.29	01:18.97	02:01.81	02:44.36		
	00:37.29	00:41.68	00:42.84	00:42.55		
						

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN						Heat:5, starttime: 10:30	
Heat: 5/5 Lane : 3 Athlete: VERSTREPEN SIEL					Q-time: 02:37:55		
PB (50m pool): 02:37.55 Antwerpen 27/07/2025			PB (25m pool): 02:32.05 SB: 02:37.72 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:34.46	01:15.20	01:56.67	02:37.55			
	00:34.46	00:40.74	00:41.47	00:40.88			
							

Coach feedback:

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

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:5, starttime: 10:30
Heat: 5/5 Lane : 6 Athlete: BROUWERS CHARLOTTE					Q-time: 02:39:19
PB (50m pool): 02:39.19 Antwerpen 22/03/2026			PB (25m pool): 02:33.87 SB: 02:39.19 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.69	01:16.28	01:57.55	02:39.19	
	00:35.69	00:40.59	00:41.27	00:41.64	
					

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN					Heat:4, starttime: 10:41
Heat: 4/8 Lane : 2 Athlete: BAELEN SIEBE					Q-time: 01:03:80
PB (50m pool): 01:03.80 Genk 01/02/2026			PB (25m pool): 01:01.51 SB: 01:03.80 Genk 01/02/2026		
	5 0 M	1 0 0 M			
PB	no time	01:03.80			
	no time				
					

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN					Heat:2, starttime: 10:53
Heat: 2/9 Lane : 5 Athlete: RENETTE LENA					Q-time: 00:28:53
PB (50m pool): 00:28.53 Antwerpen 27/07/2025			PB (25m pool): 00:28.45 SB: 00:28.59 Antwerpen 22/03/2026		
	5 0 M				
PB	00:28.53				
	00:28.53				
					

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN					Heat:2, starttime: 10:53
Heat: 2/9 Lane : 6 Athlete: FREDERIX MAYA					Q-time: 00:28:60
PB (50m pool): 00:28.60 Seraing 23/03/2025			PB (25m pool): 00:27.84 SB: 00:29.00 Antwerpen 22/03/2026		
	5 0 M				
PB	00:28.60				
	00:28.60				
					

Coach feedback:

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

Event number: 37: 50M FREESTYLE WOMEN							Heat:4, starttime: 10:55		
Heat: 4/9 Lane : 7 Athlete: VANHEES ELLA							Q-time: 00:28:11		
PB (50m pool): 00:28.11 Antwerpen 22/03/2026							PB (25m pool): 00:27.90 SB: 00:28.11 Antwerpen 22/03/2026		
	5 0 M								
PB	00:28.11								
	00:28.11								
									

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:2, starttime: 11:05	
Heat: 2/5 Lane : 3 Athlete: JORISSEN RUBE					Q-time: 02:17:55	
PB (50m pool): 02:19.10 Antwerpen 22/03/2026					PB (25m pool): 02:13.54 SB: 02:19.10 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.21	01:06.95	01:46.81	02:19.10		
	00:30.21	00:36.74	00:39.86	00:32.29		
						

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:3, starttime: 11:08	
Heat: 3/5 Lane : 1 Athlete: BAELEN TOBE					Q-time: 02:15:72	
PB (50m pool): 02:15.72 Wezenberg 03/01/2026					PB (25m pool): 02:11.87 SB: 02:15.72 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:28.31	01:03.48	01:44.38	02:15.72		
	00:28.31	00:35.17	00:40.90	00:31.34		
						

Coach feedback: