

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: DDAT

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

Coaches: Claes Steven HEADCOACH

Coaches: Borremans Lotte

PB => Personal Best time

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

| Event number: 33: 100M BACKSTROKE WOMEN                                                                                                         |           |           |  |  | Heat:5, starttime: 09:55 |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--|--|--------------------------|--|
| Heat: 5/10    Lane : 3    Athlete: CIOBANU ANASTASIA                                                                                            |           |           |  |  | Q-time: 01:09:46         |  |
| PB (50m pool): 01:09.46    Zwembad Brigitte Becue    26/04/2026    PB (25m pool): 01:08.56 SB: 01:09.46    Zwembad Brigitte Becue    26/04/2026 |           |           |  |  |                          |  |
|                                                                                                                                                 | 5 0 M     | 1 0 0 M   |  |  |                          |  |
| PB                                                                                                                                              | 00:33.73  | 01:09.46  |  |  |                          |  |
|                                                                                                                                                 | 00:33.73  | 00:35.73  |  |  |                          |  |
|                                                                                                                                                 | . . . . . | . . . . . |  |  |                          |  |

Coach feedback:

| Event number: 34: 50M BUTTERFLY MEN         |           |  |  |  |  |  | Heat:1, starttime: 10:09 |  |  |                         |  |  |              |  |  |                    |  |  |
|---------------------------------------------|-----------|--|--|--|--|--|--------------------------|--|--|-------------------------|--|--|--------------|--|--|--------------------|--|--|
| Heat: 1/7 Lane : 5 Athlete: SEGHERS MICHIEL |           |  |  |  |  |  | Q-time: 00:27:05         |  |  |                         |  |  |              |  |  |                    |  |  |
| PB (50m pool): 00:27.05                     |           |  |  |  |  |  | Seraing 25/01/2026       |  |  | PB (25m pool): 00:26.40 |  |  | SB: 00:27.05 |  |  | Seraing 25/01/2026 |  |  |
|                                             | 5 0 M     |  |  |  |  |  |                          |  |  |                         |  |  |              |  |  |                    |  |  |
| PB                                          | 00:27.05  |  |  |  |  |  |                          |  |  |                         |  |  |              |  |  |                    |  |  |
|                                             | 00:27.05  |  |  |  |  |  |                          |  |  |                         |  |  |              |  |  |                    |  |  |
|                                             | . . . . . |  |  |  |  |  |                          |  |  |                         |  |  |              |  |  |                    |  |  |

Coach feedback:

| Event number: 37: 50M FREESTYLE WOMEN         |           |  |  | Heat:5, starttime: 10:56                                  |  |
|-----------------------------------------------|-----------|--|--|-----------------------------------------------------------|--|
| Heat: 5/9 Lane : 5 Athlete: CIOBANU ANASTASIA |           |  |  | Q-time: 00:27:58                                          |  |
| PB (50m pool): 00:27.58 Antwerpen 27/07/2025  |           |  |  | PB (25m pool): 00:27.14 SB: 00:28.04 Antwerpen 22/03/2026 |  |
|                                               | 5 0 M     |  |  |                                                           |  |
| PB                                            | 00:27.58  |  |  |                                                           |  |
|                                               | 00:27.58  |  |  |                                                           |  |
|                                               | . . . . . |  |  |                                                           |  |

Coach feedback: