

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

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

Coaches: Billet Francois

PB => Personal Best time

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

Event number: 32: 200M BREASTSTROKE MEN					Heat:4, starttime: 09:37
Heat: 4/6 Lane : 7 Athlete: EMARA NAEL					Q-time: 02:26:06
PB (50m pool): 02:27.07 Charleroi 15/02/2026					PB (25m pool): 02:34.60 SB: 02:27.07 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.73	01:11.93	01:50.17	02:27.07	
	00:34.73	00:37.20	00:38.24	00:36.90	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:3, starttime: 09:51
Heat: 3/10 Lane : 4 Athlete: VANDAMME LOUNA					Q-time: 01:10:54
PB (50m pool): 01:10.83 Charleroi 15/02/2026					PB (25m pool): 01:09.61 SB: 01:10.83 Charleroi 15/02/2026
	5 0 M	1 0 0 M			
PB	00:34.88	01:10.83			
	00:34.88	00:35.95			
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:5, starttime: 09:55
Heat: 5/10 Lane : 6 Athlete: ABDELMOUMEN NISRINE					Q-time: 01:09:49
PB (50m pool): 01:09.49 Antwerpen 27/04/2025					PB (25m pool): 01:08.82 SB: 01:09.89 Charleroi 15/02/2026
	5 0 M	1 0 0 M			
PB	00:33.77	01:09.49			
	00:33.77	00:35.72			
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY MEN			Heat:7, starttime: 10:15
Heat: 7/7 Lane : 6 Athlete: VANDAMME HUGO			Q-time: 00:25:17
PB (50m pool): 00:25.17 MOUSCRON 29/05/2025			PB (25m pool): 00:25.09 SB: 00:25.39 Charleroi 15/02/2026
	5 0 M		
PB	00:25.17		
	00:25.17		
			

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:5, starttime: 11:14
Heat: 5/5 Lane : 7 Athlete: EMARA NAEL					Q-time: 02:15:10
PB (50m pool): 02:17.19 Charleroi 15/02/2026					PB (25m pool): 02:23.20 SB: 02:17.19 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.13	01:07.10	01:44.92	02:17.19	
	00:30.13	00:36.97	00:37.82	00:32.27	
					

Coach feedback: