

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

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

Coaches: Broux Yves

PB => Personal Best time

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

Event number: 32: 200M BREASTSTROKE MEN					Heat:2, starttime: 09:30
Heat: 2/6 Lane : 5 Athlete: ONA CESAR					Q-time: 02:33:64
PB (50m pool): 02:35.39 Düsseldorf 14/12/2025					PB (25m pool): 02:32.84 SB: 02:35.39 Düsseldorf 14/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:14.77	no time	02:35.39	
	no time				
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:5, starttime: 10:30
Heat: 5/5 Lane : 1 Athlete: VERVLOET ZOé					Q-time: 02:45:66
PB (50m pool): 02:45.66 Antwerpen 27/07/2025					PB (25m pool): 02:40.53 SB: 02:49.45 Düsseldorf 14/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.42	01:19.55	02:02.47	02:45.66	
	00:37.42	00:42.13	00:42.92	00:43.19	
					

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN					Heat:5, starttime: 10:56
Heat: 5/9 Lane : 1 Athlete: VERVLOET ZOé					Q-time: 00:27:68
PB (50m pool): 00:27.68 Antwerpen 08/03/2026					PB (25m pool): 00:27.41 SB: 00:27.68 Antwerpen 08/03/2026
	5 0 M				
PB	00:27.68				
	00:27.68				
					

Coach feedback:

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Event number: 39: 400M FREESTYLE WOMEN							Heat:1, starttime: 11:17	
Heat: 1/3 Lane : 5 Athlete: BROUX ELISE							Q-time: 04:38:07	
PB (50m pool): 04:38.07 Antwerpen 27/07/2025				PB (25m pool): 04:32.48SB: 04:44.59 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	00:31.54	01:05.96	01:41.28	02:16.54	02:52.05	03:27.71	04:03.58	04:38.07
	00:31.54	00:34.42	00:35.32	00:35.26	00:35.51	00:35.66	00:35.87	00:34.49
								

Coach feedback: