

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

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

Coaches: Melis Tom

PB => Personal Best time

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

Event number: 33: 100M BACKSTROKE WOMEN							Heat:3, starttime: 09:51		
Heat: 3/10 Lane : 5 Athlete: MELIS VLINDER							Q-time: 01:10:62		
PB (50m pool): 01:10.62 Charleroi 11/01/2026							PB (25m pool): 01:07.62SB: 01:10.62 Charleroi 11/01/2026		
	5 0 M		1 0 0 M						
PB	00:34.27		01:10.62						
	00:34.27		00:36.35						
									

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:3, starttime: 10:24	
Heat: 3/5 Lane : 7 Athlete: WILLAERT AYLA					Q-time: 02:45:07	
PB (50m pool): 02:42.62 Antwerpen 28/07/2024					PB (25m pool): 02:39.40 SB: 02:46.85 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:42.62		
	<i>no time</i>					
						

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN							Heat:4, starttime: 10:41		
Heat: 4/8 Lane : 6 Athlete: OST RYAN							Q-time: 01:03:65		
PB (50m pool): 01:04.13 Zwembad Brigitte Becue Oostend 10/05/2025							PB (25m pool): 01:01.55 SB: 01:04.20 Wezenberg 01/02/2026		
	5 0 M		1 0 0 M						
PB	no time		01:04.13						
	no time								
									

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN				Heat:6, starttime: 10:45			
Heat: 6/8 Lane : 5 Athlete: VAN WELLEN JOSEPH				Q-time: 00:57:11			
PB (50m pool): 00:57.94 Luxembourg 01/02/2026				PB (25m pool): 00:55.54 SB: 00:57.94 Luxembourg 01/02/2026			
	5 0 M	1 0 0 M					
PB	00:28.09	00:57.94					
	00:28.09	00:29.85					
							

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN				Heat:4, starttime: 10:55			
Heat: 4/9 Lane : 8 Athlete: WILLAERT AYLA				Q-time: 00:28:18			
PB (50m pool): 00:27.36 Antwerpen 28/07/2024				PB (25m pool): 00:27.03 SB: 00:28.28 Brugge 25/01/2026			
	5 0 M						
PB	00:27.36						
	00:27.36						
							

Coach feedback:

Event number: 38: 200M MEDLEY MEN				Heat:4, starttime: 11:11			
Heat: 4/5 Lane : 8 Athlete: OST RYAN				Q-time: 02:16:19			
PB (50m pool): 02:16.19 Brugge 23/02/2025				PB (25m pool): 02:15.47 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:29.06	01:04.48	01:44.29	02:16.19			
	00:29.06	00:35.42	00:39.81	00:31.90			
							

Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN							Heat:3, starttime: 11:27	
Heat: 3/3 Lane : 8 Athlete: GRAHAM JIL							Q-time: 04:36:01	
PB (50m pool): 04:36.01 Antwerpen 27/07/2025			PB (25m pool): 04:32.08SB: 04:54.17 Charleroi 15/02/2026					
	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	00:32.13	01:05.90	01:40.64	02:16.33	02:50.65	03:26.01	04:01.01	04:36.01
	00:32.13	00:33.77	00:34.74	00:35.69	00:34.32	00:35.36	00:35.00	00:35.00
								

Coach feedback: