

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

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

Coaches: Cannaerts Jens

PB => Personal Best time

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

Event number: 31: 200M BUTTERFLY WOMEN					Heat:2, starttime: 09:17
Heat: 2/4 Lane : 3 Athlete: ROMBOUT LISA					Q-time: 02:27:75
PB (50m pool): 02:25.82 ANTWERPEN 30/07/2023					PB (25m pool): 02:24.92 SB: 02:28.01 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	02:25.82	
	no time				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:5, starttime: 10:13
Heat: 5/7 Lane : 7 Athlete: LEIRS BAVO					Q-time: 00:25:65
PB (50m pool): 00:25.65 Antwerpen 27/04/2025					PB (25m pool): 00:25.91 SB: 00:26.08 Antwerpen 22/03/2026
	5 0 M				
PB	00:25.65				
	00:25.65				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:6, starttime: 10:14
Heat: 6/7 Lane : 5 Athlete: BERGES JENS					Q-time: 00:24:67
PB (50m pool): 00:24.67 Antwerpen 27/07/2025					PB (25m pool): 00:24.09 SB: 00:24.76 Antwerpen 22/03/2026
	5 0 M				
PB	00:24.67				
	00:24.67				
					

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN			Heat:2, starttime: 10:37
Heat: 2/8 Lane : 2 Athlete: DE CUYPER LENS			Q-time: 01:05:77
PB (50m pool): 01:05.77 Antwerpen 15/03/2026			PB (25m pool): 01:02.73 SB: 01:05.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.16	01:05.77	
	00:32.16	00:33.61	
			

Coach feedback: