

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 30: 200M FREESTYLE MEN					Heat:4, starttime: 09:08
Heat: 4/5 Lane : 8 Athlete: VANGROOTLOON JEF					Q-time: 01:56:77
PB (50m pool): 01:56.77 Antwerpen 08/03/2026					PB (25m pool): 01:53.71 SB: 01:56.77 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.94	00:56.44	01:26.83	01:56.77	
	00:26.94	00:29.50	00:30.39	00:29.94	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:4, starttime: 09:23
Heat: 4/4 Lane : 7 Athlete: EVENS NOOR					Q-time: 02:34:33
PB (50m pool): 02:28.57 Antwerpen 28/07/2024					PB (25m pool): 02:27.35 SB: 02:37.07 Olympic Pool Wezenberg, Antwer 29
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:28.57	
	no time				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:1, starttime: 10:09
Heat: 1/7 Lane : 1 Athlete: HAUBEN SANDER					Q-time: 00:27:33
PB (50m pool): 00:27.33 Antwerpen 27/07/2025					PB (25m pool): 00:26.17 SB: 00:27.54 Olympic Pool Wezenberg, Antwer 29
	5 0 M				
PB	00:27.33				
	00:27.33				
					

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN			Heat:5, starttime: 10:43
Heat: 5/8 Lane : 6 Athlete: HAUBEN SANDER			Q-time: 01:03:07
PB (50m pool): 01:03.07 Antwerpen 27/07/2025			PB (25m pool): 00:59.70 SB: 01:03.52 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.15	01:03.07	
	00:30.15	00:32.92	
			

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN			Heat:3, starttime: 10:54
Heat: 3/9 Lane : 8 Athlete: EVENS NOOR			Q-time: 00:28:47
PB (50m pool): 00:28.70 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): no time SB: 00:29.57 Gent 08/02/2026
	5 0 M		
PB	00:28.70		
	00:28.70		
			

Coach feedback: