

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

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

Coaches: LEPLA MARTINE

Coaches: DELIE DRIES

PB => Personal Best time

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

Event number: 30: 200M FREESTYLE MEN **Heat:3, starttime: 09:05**

Heat: 3/5 Lane : 8 Athlete: DELIE VICO					Q-time: 01:57:19
PB (50m pool): 01:57.19 Antwerpen 22/03/2026			PB (25m pool): 01:52.82 SB: 01:57.19 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.09	00:56.86	01:26.95	01:57.19	
	00:27.09	00:29.77	00:30.09	00:30.24	
					

Coach feedback:

Event number: 38: 200M MEDLEY MEN **Heat:3, starttime: 11:08**

Heat: 3/5 Lane : 3 Athlete: DELIE VICO					Q-time: 02:11:98
PB (50m pool): 02:11.98 Antwerpen 08/03/2026			PB (25m pool): 02:06.66 SB: 02:11.98 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.87	01:02.64	01:41.24	02:11.98	
	00:27.87	00:34.77	00:38.60	00:30.74	
					

Coach feedback: