

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

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

Coaches: Bhija Younes HEADCOACH

Coaches: Destoop Jens

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 : 7 Athlete: BHIJA TARIQ					Q-time: 01:55:06
PB (50m pool): 01:55.06 Antwerpen 22/03/2026					PB (25m pool): 01:55.33 SB: 01:55.06 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.00	00:56.01	01:25.59	01:55.06	
	00:27.00	00:29.01	00:29.58	00:29.47	
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN **Heat:4, starttime: 10:12**

Heat: 4/7 Lane : 4 Athlete: BHIJA TARIQ					Q-time: 00:26:07
PB (50m pool): 00:26.07 Antwerpen 08/03/2026					PB (25m pool): 00:26.33 SB: 00:26.07 Antwerpen 08/03/2026
	5 0 M				
PB	00:26.07				
	00:26.07				
					

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN **Heat:3, starttime: 10:54**

Heat: 3/9 Lane : 1 Athlete: BHIJA NOOR					Q-time: 00:28:35
PB (50m pool): 00:28.22 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 00:28.09 SB: 00:28.22 Lago Kortrijk Weide 03/05/2026
	5 0 M				
PB	00:28.22				
	00:28.22				
					

Coach feedback: