

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

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

Coaches: Duck Chantal

Coaches: Hinnekens Rosan HEADCOACH

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 : 5 Athlete: DECOUTERE IMANI					Q-time: 02:24:39
PB (50m pool): 02:24.39 Antwerpen 22/03/2026					PB (25m pool): 02:20.94 SB: 02:24.39 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.06	01:08.74	01:46.23	02:24.39	
	00:32.06	00:36.68	00:37.49	00:38.16	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN Heat:3, starttime: 09:20

Heat: 3/4 Lane : 8 Athlete: FEYS FARAH					Q-time: 02:37:45
PB (50m pool): 02:37.45 Antwerpen 08/03/2026					PB (25m pool): 02:38.30 SB: 02:37.45 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.64	01:13.18	01:54.46	02:37.45	
	00:33.64	00:39.54	00:41.28	00:42.99	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN Heat:3, starttime: 09:33

Heat: 3/6 Lane : 4 Athlete: VERELZEN ROBBE					Q-time: 02:29:43
PB (50m pool): 02:29.33 Antwerpen 28/07/2024					PB (25m pool): 02:23.86 SB: 02:31.84 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	02:29.33	
	no time				
					

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN							Heat:7, starttime: 10:00		
Heat: 7/10 Lane : 4 Athlete: DECOUTERE IMANI							Q-time: 01:07:14		
PB (50m pool): 01:07.14 Antwerpen 08/03/2026				PB (25m pool): 01:04.81 SB: 01:07.14 Antwerpen 08/03/2026					
	5 0 M		1 0 0 M						
PB	00:32.88		01:07.14						
	00:32.88		00:34.26						
									

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN					Heat:5, starttime: 10:43	
Heat: 5/8 Lane : 3 Athlete: FEYS JONAH					Q-time: 01:03:04	
PB (50m pool): 01:03.04 Antwerpen 27/07/2025			PB (25m pool): 01:00.10 SB: 01:04.17 Kortrijk 15/02/2026			
	5 0 M	1 0 0 M				
PB	00:31.34	01:03.04				
	00:31.34	00:31.70				
						

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN							Heat:5, starttime: 10:56		
Heat: 5/9 Lane : 8 Athlete: CHRISTIAENS JUTTA							Q-time: 00:27:68		
PB (50m pool): 00:27.45 Antwerp 21/01/2024				PB (25m pool): 00:27.12SB: 00:27.89 Antwerpen 22/03/2026					
	5 0 M								
PB	00:27.45								
	00:27.45								
									

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:2, starttime: 11:05
Heat: 2/5 Lane : 8 Athlete: VERELZEN ROBBE					Q-time: 02:18:94
PB (50m pool): 02:17.86 ANTWERPEN 30/07/2023			PB (25m pool): 02:13.56 SB: 02:23.34 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	02:17.86	
	no time				
					

Coach feedback: