

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

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

Coaches: Tampieri Matteo HEADCOACH

Coaches: Hendrickx Lander

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 : 1 Athlete: VERMAUT ARTHUR					Q-time: 01:56:68
PB (50m pool): 01:56.68 Antwerpen 22/03/2026			PB (25m pool): 01:52.59 SB: 01:56.68 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.09	00:56.95	01:27.18	01:56.68	
	00:27.09	00:29.86	00:30.23	00:29.50	
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN Heat:4, starttime: 09:08

Heat: 4/5 Lane : 2 Athlete: SPADEA TOMMASO					Q-time: 01:54:36
PB (50m pool): 01:54.24 Antwerpen 28/07/2024			PB (25m pool): 01:49.89 SB: 01:55.55 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	01:54.24	
	no time				
					

Coach feedback:

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

Heat: 3/4 Lane : 4 Athlete: VANDERLINDEN SIRI					Q-time: 02:20:76
PB (50m pool): 02:20.76 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 02:19.54 SB: 02:20.76 Olympic Pool Wezenberg, Antwer 29/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.60	01:07.87	01:44.39	02:20.76	
	00:31.60	00:36.27	00:36.52	00:36.37	
					

Coach feedback:

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Event number: 32: 200M BREASTSTROKE MEN					Heat:6, starttime: 09:43
Heat: 6/6 Lane : 5 Athlete: BAETEN LUKAS					Q-time: 02:15:56
PB (50m pool): 02:15.56 Antwerpen 27/07/2025					PB (25m pool): 02:15.57 SB: 02:21.46 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.09	01:04.07	01:39.44	02:15.56	
	00:30.09	00:33.98	00:35.37	00:36.12	
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:2, starttime: 10:10
Heat: 2/7 Lane : 5 Athlete: VAN HOOFF DAAN					Q-time: 00:26:85
PB (50m pool): 00:26.85 Antwerpen 22/03/2026					PB (25m pool): 00:25.86 SB: 00:26.85 Antwerpen 22/03/2026
	5 0 M				
PB	00:26.85				
	00:26.85				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:3, starttime: 10:11
Heat: 3/7 Lane : 1 Athlete: GEUENS LARS					Q-time: 00:26:54
PB (50m pool): 00:26.47 Antwerpen 21/04/2024					PB (25m pool): 00:26.00 SB: 00:26.76 Antwerpen 22/03/2026
	5 0 M				
PB	00:26.47				
	00:26.47				
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:2, starttime: 10:20
Heat: 2/5 Lane : 2 Athlete: WATELLE NONA					Q-time: 02:48:83
PB (50m pool): 02:48.83 Antwerpen 20/04/2025					PB (25m pool): 02:51.34 SB: 02:54.77 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.33	01:20.92	02:05.23	02:48.83	
	00:38.33	00:42.59	00:44.31	00:43.60	
					

Coach feedback:

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Event number: 35: 200M BREASTSTROKE WOMEN					Heat:2, starttime: 10:20
Heat: 2/5 Lane : 8 Athlete: THYS LENA					Q-time: 02:50:61
PB (50m pool): 02:50.61 Antwerp 26/01/2025					PB (25m pool): 02:45.78 SB: 02:55.84 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.37	01:23.18	02:07.66	02:50.61	
	00:39.37	00:43.81	00:44.48	00:42.95	
					

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:2, starttime: 11:05
Heat: 2/5 Lane : 2 Athlete: VAN HOOFF DAAN					Q-time: 02:18:76
PB (50m pool): 02:18.76 Antwerpen 22/03/2026					PB (25m pool): 02:11.49 SB: 02:18.76 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.78	01:04.36	01:45.26	02:18.76	
	00:27.78	00:36.58	00:40.90	00:33.50	
					

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:4, starttime: 11:11
Heat: 4/5 Lane : 6 Athlete: BERLAMONT DAAN					Q-time: 02:13:69
PB (50m pool): 02:13.69 Eindhoven 22/03/2026					PB (25m pool): 02:10.86 SB: 02:13.69 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.36	01:02.65	01:42.98	02:13.69	
	00:28.36	00:34.29	00:40.33	00:30.71	
					

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:5, starttime: 11:14
Heat: 5/5 Lane : 3 Athlete: VERMAUT ARTHUR					Q-time: 02:09:77
PB (50m pool): 02:09.77 Antwerpen 22/03/2026					PB (25m pool): 02:07.30 SB: 02:09.77 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.26	01:01.91	01:39.79	02:09.77	
	00:27.26	00:34.65	00:37.88	00:29.98	
					

Coach feedback:

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Event number: 39: 400M FREESTYLE WOMEN							Heat:2, starttime: 11:22	
Heat: 2/3 Lane : 2 Athlete: ADELMANN CLARA CENXI							Q-time: 04:29:26	
PB (50m pool): 04:29.26 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:25.97 SB: 04:29.26 Zwembad Brigitte Becue 26/04/2026								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.71	01:04.46	01:38.63	02:13.05	02:47.38	03:21.71	03:55.99	04:29.26
	00:30.71	00:33.75	00:34.17	00:34.42	00:34.33	00:34.33	00:34.28	00:33.27
								

Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN							Heat:2, starttime: 11:22	
Heat: 2/3 Lane : 4 Athlete: VANDERLINDEN SIRI							Q-time: 04:15:51	
PB (50m pool): 04:15.51 Antwerpen 22/03/2026								

Coach feedback: