

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

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

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

## Event number: 30: 200M FREESTYLE MEN

Heat:1, starttime: 09:00

Heat: 1/5 Lane : 4 Athlete: LEROUX WOUT

Q-time: 02:00:94

PB (50m pool): 02:00.94 Antwerpen 27/07/2025

PB (25m pool): 01:58.68 SB: 02:01.72 Lago Gent Rozebroeken 03/05/2026

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:27.80  | 00:58.00  | 01:29.39  | 02:00.94  |  |
|    | 00:27.80  | 00:30.20  | 00:31.39  | 00:31.55  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 30: 200M FREESTYLE MEN

Heat:2, starttime: 09:03

Heat: 2/5 Lane : 2 Athlete: SCHRAM THOR

Q-time: 01:59:12

PB (50m pool): 01:59.12 Antwerpen 22/03/2026

PB (25m pool): 01:55.97 SB: 01:59.12 Antwerpen 22/03/2026

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:28.30  | 00:58.02  | 01:28.80  | 01:59.12  |  |
|    | 00:28.30  | 00:29.72  | 00:30.78  | 00:30.32  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 30: 200M FREESTYLE MEN

Heat:3, starttime: 09:05

Heat: 3/5 Lane : 5 Athlete: JOOS RIES

Q-time: 01:50:88

PB (50m pool): 01:54.21 Antwerpen 27/07/2025

PB (25m pool): no time SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:26.42  | 00:55.13  | 01:24.67  | 01:54.21  |  |
|    | 00:26.42  | 00:28.71  | 00:29.54  | 00:29.54  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 30: 200M FREESTYLE MEN         |           |           |           |           | Heat:3, starttime: 09:05                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/5 Lane : 6 Athlete: BAEYE LEON       |           |           |           |           | Q-time: 01:53:16                                          |
| PB (50m pool): 01:53.16 Antwerpen 22/03/2026 |           |           |           |           | PB (25m pool): 01:48.91 SB: 01:53.16 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:25.80  | 00:54.99  | 01:24.46  | 01:53.16  |                                                           |
|                                              | 00:25.80  | 00:29.19  | 00:29.47  | 00:28.70  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 31: 200M BUTTERFLY WOMEN       |           |           |           |           | Heat:4, starttime: 09:23                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/4 Lane : 1 Athlete: DE DECKER FEBE   |           |           |           |           | Q-time: 02:34:67                                          |
| PB (50m pool): 02:34.67 Antwerpen 22/03/2026 |           |           |           |           | PB (25m pool): 02:29.24 SB: 02:34.67 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:33.59  | 01:12.48  | 01:52.90  | 02:34.67  |                                                           |
|                                              | 00:33.59  | 00:38.89  | 00:40.42  | 00:41.77  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 200M BREASTSTROKE MEN      |           |           |           |           | Heat:1, starttime: 09:27                                 |
|----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------------|
| Heat: 1/6 Lane : 5 Athlete: LAFAUT LEON      |           |           |           |           | Q-time: 02:39:53                                         |
| PB (50m pool): 02:39.53 Antwerpen 22/03/2026 |           |           |           |           | PB (25m pool): no time SB: 02:39.53 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                          |
| PB                                           | 00:36.10  | 01:16.61  | 01:57.77  | 02:39.53  |                                                          |
|                                              | 00:36.10  | 00:40.51  | 00:41.16  | 00:41.76  |                                                          |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN         |           |           |  | Heat:1, starttime: 09:46                                              |
|-------------------------------------------------|-----------|-----------|--|-----------------------------------------------------------------------|
| Heat: 1/10 Lane : 5 Athlete: BOEYKENS CHARLOTTE |           |           |  | Q-time: 01:13:04                                                      |
| PB (50m pool): 01:13.04 Antwerpen 27/07/2025    |           |           |  | PB (25m pool): 01:11.97 SB: 01:15.33 Lago Gent Rozebroeken 03/05/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |  |                                                                       |
| PB                                              | 00:35.33  | 01:13.04  |  |                                                                       |
|                                                 | 00:35.33  | 00:37.71  |  |                                                                       |
|                                                 | . . . . . | . . . . . |  |                                                                       |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 33: 100M BACKSTROKE WOMEN                                                                                         |           |           | Heat:3, starttime: 09:51 |
|---------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/10 Lane : 2 Athlete: VAN GYSEL MAITE                                                                                    |           |           | Q-time: 01:10:76         |
| PB (50m pool): 01:10.76 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:07.23 SB: 01:11.22 Lago Gent Rozebroeken 03/05/2026 |           |           |                          |
|                                                                                                                                 | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                              | 00:34.35  | 01:10.76  |                          |
|                                                                                                                                 | 00:34.35  | 00:36.41  |                          |
|                                                                                                                                 | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN                                                                |           |           | Heat:3, starttime: 09:51 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/10 Lane : 7 Athlete: DE RUIJTER ELISE                                                          |           |           | Q-time: 01:10:89         |
| PB (50m pool): 01:10.89 Antwerpen 08/03/2026 PB (25m pool): 01:09.14 SB: 01:10.89 Antwerpen 08/03/2026 |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                     | 00:34.23  | 01:10.89  |                          |
|                                                                                                        | 00:34.23  | 00:36.66  |                          |
|                                                                                                        | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN                                                                                        |           |           | Heat:4, starttime: 09:53 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/10 Lane : 2 Athlete: BLANCQUAERT CAMILLE                                                                               |           |           | Q-time: 01:10:40         |
| PB (50m pool): 01:10.14 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:09.44 SB: 01:10.14 Lago Gent Rozebroeken 03/05/2026 |           |           |                          |
|                                                                                                                                | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                             | 00:33.80  | 01:10.14  |                          |
|                                                                                                                                | 00:33.80  | 00:36.34  |                          |
|                                                                                                                                | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN                                                                                                  |           |           | Heat:4, starttime: 09:53 |
|------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/10 Lane : 8 Athlete: VANGAMPELAERE LAURA                                                                                         |           |           | Q-time: 01:10:53         |
| PB (50m pool): 01:09.01 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 01:07.50 SB: 01:11.18 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                          | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                                       | no time   | 01:09.01  |                          |
|                                                                                                                                          | no time   |           |                          |
|                                                                                                                                          | . . . . . | . . . . . |                          |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 33: 100M BACKSTROKE WOMEN       |           |           | Heat:6, starttime: 09:58                                   |
|-----------------------------------------------|-----------|-----------|------------------------------------------------------------|
| Heat: 6/10 Lane : 8 Athlete: SCHRAM MILA      |           |           | Q-time: 01:09:26                                           |
| PB (50m pool): 01:09.26 Amersfoort 22/02/2026 |           |           | PB (25m pool): 01:08.20 SB: 01:09.26 Amersfoort 22/02/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                            |
| PB                                            | 00:33.65  | 01:09.26  |                                                            |
|                                               | 00:33.65  | 00:35.61  |                                                            |
|                                               | . . . . . | . . . . . |                                                            |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN      |           |           | Heat:9, starttime: 10:04                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/10 Lane : 8 Athlete: HUENS NOOR      |           |           | Q-time: 01:07:00                                          |
| PB (50m pool): 01:07.00 Antwerpen 27/04/2025 |           |           | PB (25m pool): 01:05.10 SB: 01:07.27 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.57  | 01:07.00  |                                                           |
|                                              | 00:32.57  | 00:34.43  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN      |           |           | Heat:10, starttime: 10:07                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 10/10 Lane : 1 Athlete: MATTHEEUWS LIE |           |           | Q-time: 01:06:38                                          |
| PB (50m pool): 01:04.72 Antwerpen 21/04/2024 |           |           | PB (25m pool): 01:03.09 SB: 01:07.05 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:04.72  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN            |           |           | Heat:10, starttime: 10:07           |
|----------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 10/10 Lane : 3 Athlete: VANHEUVERBEKE MARTHE |           |           | Q-time: 01:04:09                    |
| PB (50m pool): 01:04.09 Antwerpen 27/07/2025       |           |           | PB (25m pool): 01:01.22 SB: no time |
|                                                    | 5 0 M     | 1 0 0 M   |                                     |
| PB                                                 | no time   | 01:04.09  |                                     |
|                                                    | no time   |           |                                     |
|                                                    | . . . . . | . . . . . |                                     |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

|                                            |           |  |  |  |  |  |                                                           |  |  |
|--------------------------------------------|-----------|--|--|--|--|--|-----------------------------------------------------------|--|--|
| Event number: 34: 50M BUTTERFLY MEN        |           |  |  |  |  |  | Heat:1, starttime: 10:09                                  |  |  |
| Heat: 1/7 Lane : 3 Athlete: LEROUX WOUT    |           |  |  |  |  |  | Q-time: 00:27:07                                          |  |  |
| PB (50m pool): 00:27.07 Antwerp 09/02/2025 |           |  |  |  |  |  | PB (25m pool): 00:26.41SB: 00:27.11 Amersfoort 22/02/2026 |  |  |
|                                            | 5 0 M     |  |  |  |  |  |                                                           |  |  |
| PB                                         | 00:27.07  |  |  |  |  |  |                                                           |  |  |
|                                            | 00:27.07  |  |  |  |  |  |                                                           |  |  |
|                                            | . . . . . |  |  |  |  |  |                                                           |  |  |

Coach feedback:

|                                              |           |  |  |  |  |  |  |  |  |                                                          |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------------------|-----------|--|--|--|--|--|--|--|--|----------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|--|
| Event number: 34: 50M BUTTERFLY MEN          |           |  |  |  |  |  |  |  |  | Heat:2, starttime: 10:10                                 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
| Heat: 2/7 Lane : 1 Athlete: SCHRAM THOR      |           |  |  |  |  |  |  |  |  |                                                          |  |  |  |  |  |  |  |  |  | Q-time: 00:27:00 |  |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:27.00 Antwerpen 22/03/2026 |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:26.28SB: 00:27.00 Antwerpen 22/03/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                              | 5 0 M     |  |  |  |  |  |  |  |  |                                                          |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
| PB                                           | 00:27.00  |  |  |  |  |  |  |  |  |                                                          |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                              | 00:27.00  |  |  |  |  |  |  |  |  |                                                          |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                              | . . . . . |  |  |  |  |  |  |  |  |                                                          |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |

Coach feedback:

|                                               |  |           |  |  |  |  |  |  |  |                          |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------|--|-----------|--|--|--|--|--|--|--|--------------------------|--|--|--|--|--|--|--|--|--|-------------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|--|--|--|--|-----------------|--|--|--|--|--|--|--|--|--|
| Event number: 34: 50M BUTTERFLY MEN           |  |           |  |  |  |  |  |  |  | Heat:2, starttime: 10:10 |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |
| Heat: 2/7 Lane : 3 Athlete: VAN DEURSEN SIEBE |  |           |  |  |  |  |  |  |  |                          |  |  |  |  |  |  |  |  |  | Q-time: 00:26:86        |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:26.86                       |  |           |  |  |  |  |  |  |  | Gent 08/02/2026          |  |  |  |  |  |  |  |  |  | PB (25m pool): 00:27.26 |  |  |  |  |  |  |  |  |  | SB: 00:26.86 |  |  |  |  |  |  |  |  |  | Gent 08/02/2026 |  |  |  |  |  |  |  |  |  |
|                                               |  | 5 0 M     |  |  |  |  |  |  |  |                          |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |
| PB                                            |  | 00:26.86  |  |  |  |  |  |  |  |                          |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |
|                                               |  | 00:26.86  |  |  |  |  |  |  |  |                          |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |
|                                               |  | . . . . . |  |  |  |  |  |  |  |                          |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |                 |  |  |  |  |  |  |  |  |  |

Coach feedback:

|                                              |           |  |  |  |  |  |                                                           |  |  |
|----------------------------------------------|-----------|--|--|--|--|--|-----------------------------------------------------------|--|--|
| Event number: 34: 50M BUTTERFLY MEN          |           |  |  |  |  |  | Heat:3, starttime: 10:11                                  |  |  |
| Heat: 3/7 Lane : 8 Athlete: CLAEYS OSCAR     |           |  |  |  |  |  | Q-time: 00:26:65                                          |  |  |
| PB (50m pool): 00:26.65 Antwerpen 22/03/2026 |           |  |  |  |  |  | PB (25m pool): 00:26.77 SB: 00:26.65 Antwerpen 22/03/2026 |  |  |
|                                              | 5 0 M     |  |  |  |  |  |                                                           |  |  |
| PB                                           | 00:26.65  |  |  |  |  |  |                                                           |  |  |
|                                              | 00:26.65  |  |  |  |  |  |                                                           |  |  |
|                                              | . . . . . |  |  |  |  |  |                                                           |  |  |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 34: 50M BUTTERFLY MEN    |           |                      |  | Heat:5, starttime: 10:13                                 |  |
|----------------------------------------|-----------|----------------------|--|----------------------------------------------------------|--|
| Heat: 5/7 Lane : 6 Athlete: DE MUL TOM |           |                      |  | Q-time: 00:25:33                                         |  |
| PB (50m pool): 00:25.33                |           | Antwerpen 22/03/2026 |  | PB (25m pool): 00:25.10SB: 00:25.33 Antwerpen 22/03/2026 |  |
|                                        | 5 0 M     |                      |  |                                                          |  |
| PB                                     | 00:25.33  |                      |  |                                                          |  |
|                                        | 00:25.33  |                      |  |                                                          |  |
|                                        | . . . . . |                      |  |                                                          |  |

Coach feedback:

| Event number: 34: 50M BUTTERFLY MEN                |           |  |  |  | Heat:6, starttime: 10:14                                       |  |  |  |  |
|----------------------------------------------------|-----------|--|--|--|----------------------------------------------------------------|--|--|--|--|
| Heat: 6/7    Lane : 2    Athlete: BAEYE LEON       |           |  |  |  | Q-time: 00:25:55                                               |  |  |  |  |
| PB (50m pool): 00:25.55    Antwerpen    22/03/2026 |           |  |  |  | PB (25m pool): 00:26.13SB: 00:25.55    Antwerpen    22/03/2026 |  |  |  |  |
|                                                    | 5 0 M     |  |  |  |                                                                |  |  |  |  |
| PB                                                 | 00:25.55  |  |  |  |                                                                |  |  |  |  |
|                                                    | 00:25.55  |  |  |  |                                                                |  |  |  |  |
|                                                    | . . . . . |  |  |  |                                                                |  |  |  |  |

Coach feedback:

| Event number: 35: 200M BREASTSTROKE WOMEN                      |           |           |           |           |                  | Heat:3, starttime: 10:24                                       |  |
|----------------------------------------------------------------|-----------|-----------|-----------|-----------|------------------|----------------------------------------------------------------|--|
| Heat: 3/5    Lane : 5    Athlete: GOBERT LIES                  |           |           |           |           | Q-time: 02:36:18 |                                                                |  |
| PB (50m pool): 02:36.18    Lago Gent Rozebroeken    04/05/2025 |           |           |           |           |                  | PB (25m pool): 02:33.39SB: 02:39.38    Antwerpen    22/03/2026 |  |
|                                                                | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                  |                                                                |  |
| PB                                                             | 00:35.71  | 01:15.29  | 01:54.96  | 02:36.18  |                  |                                                                |  |
|                                                                | 00:35.71  | 00:39.58  | 00:39.67  | 00:41.22  |                  |                                                                |  |
|                                                                | . . . . . | . . . . . | . . . . . | . . . . . |                  |                                                                |  |

Coach feedback:

| Event number: 35: 200M BREASTSTROKE WOMEN                |           |           |                                                                |           | Heat:4, starttime: 10:27 |  |
|----------------------------------------------------------|-----------|-----------|----------------------------------------------------------------|-----------|--------------------------|--|
| Heat: 4/5    Lane : 6    Athlete: RAEMDONCK BENTHE-MARIE |           |           |                                                                |           | Q-time: 02:39:32         |  |
| PB (50m pool): 02:39.32    Antwerpen    22/03/2026       |           |           | PB (25m pool): 02:34.58SB: 02:39.32    Antwerpen    22/03/2026 |           |                          |  |
|                                                          | 5 0 M     | 1 0 0 M   | 1 5 0 M                                                        | 2 0 0 M   |                          |  |
| PB                                                       | 00:35.90  | 01:17.25  | 01:58.51                                                       | 02:39.32  |                          |  |
|                                                          | 00:35.90  | 00:41.35  | 00:41.26                                                       | 00:40.81  |                          |  |
|                                                          | . . . . . | . . . . . | . . . . .                                                      | . . . . . |                          |  |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 36: 100M BACKSTROKE MEN        |           |           | Heat:3, starttime: 10:39                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/8 Lane : 3 Athlete: LAFAUT LEON      |           |           | Q-time: 01:04:47                                          |
| PB (50m pool): 01:04.47 Antwerpen 27/07/2025 |           |           | PB (25m pool): 01:01.43 SB: 01:05.46 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.78  | 01:04.47  |                                                           |
|                                              | 00:30.78  | 00:33.69  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN                    |           |           | Heat:4, starttime: 10:41                                              |
|----------------------------------------------------------|-----------|-----------|-----------------------------------------------------------------------|
| Heat: 4/8 Lane : 4 Athlete: NAAKTGEBOREN JAKOB           |           |           | Q-time: 01:03:49                                                      |
| PB (50m pool): 01:03.11 Lago Gent Rozebroeken 03/05/2026 |           |           | PB (25m pool): 01:00.78 SB: 01:03.11 Lago Gent Rozebroeken 03/05/2026 |
|                                                          | 5 0 M     | 1 0 0 M   |                                                                       |
| PB                                                       | 00:30.21  | 01:03.11  |                                                                       |
|                                                          | 00:30.21  | 00:32.90  |                                                                       |
|                                                          | . . . . . | . . . . . |                                                                       |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN        |           |           | Heat:8, starttime: 10:49                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 8/8 Lane : 4 Athlete: VERRETH NOAH     |           |           | Q-time: 00:53:62                                          |
| PB (50m pool): 00:53.62 Antwerpen 22/03/2026 |           |           | PB (25m pool): 00:50.36 SB: 00:53.62 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:25.86  | 00:53.62  |                                                           |
|                                              | 00:25.86  | 00:27.76  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN         |           |           | Heat:8, starttime: 10:49                                               |
|-----------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 8/8 Lane : 8 Athlete: VAN DEURSEN SIEBE |           |           | Q-time: 01:02:15                                                       |
| PB (50m pool): 01:02.15 Antwerpen 27/07/2025  |           |           | PB (25m pool): 00:59.86 SB: 01:02.35 Zwembad Brigitte Becue 26/04/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                            | 00:30.62  | 01:02.15  |                                                                        |
|                                               | 00:30.62  | 00:31.53  |                                                                        |
|                                               | . . . . . | . . . . . |                                                                        |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

|                                                  |           |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|--------------------------------------------------|-----------|--|--|--|--|--|--|--|--|--------------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|
| Event number: 37: 50M FREESTYLE WOMEN            |           |  |  |  |  |  |  |  |  | Heat:1, starttime: 10:52                                     |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| Heat: 1/9   Lane : 4   Athlete: VINCK TINE       |           |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  | Q-time: 00:28:69 |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:28.69   Eindhoven   16/03/2025 |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:28.43SB: 00:29.39   Antwerpen   15/03/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                  | 5 0 M     |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| PB                                               | 00:28.69  |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                  | 00:28.69  |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                  | . . . . . |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |

Coach feedback:

|                                               |           |  |  |  |  |  |                                                           |  |  |
|-----------------------------------------------|-----------|--|--|--|--|--|-----------------------------------------------------------|--|--|
| Event number: 37: 50M FREESTYLE WOMEN         |           |  |  |  |  |  | Heat:5, starttime: 10:56                                  |  |  |
| Heat: 5/9    Lane : 3    Athlete: GOBERT LIES |           |  |  |  |  |  | Q-time: 00:27:61                                          |  |  |
| PB (50m pool): 00:27.61    Gent 08/02/2026    |           |  |  |  |  |  | PB (25m pool): no time    SB: 00:27.61    Gent 08/02/2026 |  |  |
|                                               | 5 0 M     |  |  |  |  |  |                                                           |  |  |
| PB                                            | 00:27.61  |  |  |  |  |  |                                                           |  |  |
|                                               | 00:27.61  |  |  |  |  |  |                                                           |  |  |
|                                               | . . . . . |  |  |  |  |  |                                                           |  |  |

Coach feedback:

|                                                  |           |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------------------|-----------|--|--|--|--|--|--|--|--|--------------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|--|
| Event number: 37: 50M FREESTYLE WOMEN            |           |  |  |  |  |  |  |  |  | Heat:5, starttime: 10:56                                     |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
| Heat: 5/9   Lane : 6   Athlete: VAN GYSEL MAITE  |           |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  | Q-time: 00:27:63 |  |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:27.63   Antwerpen   27/04/2025 |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:27.20SB: 00:27.77   Antwerpen   22/03/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                                  | 5 0 M     |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
| PB                                               | 00:27.63  |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                                  | 00:27.63  |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                                  | . . . . . |  |  |  |  |  |  |  |  |                                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |

Coach feedback:

|                                              |           |  |  |  |  |  |                                                          |  |  |
|----------------------------------------------|-----------|--|--|--|--|--|----------------------------------------------------------|--|--|
| Event number: 37: 50M FREESTYLE WOMEN        |           |  |  |  |  |  | Heat:7, starttime: 10:58                                 |  |  |
| Heat: 7/9 Lane : 3 Athlete: MATTHEEUWS LIE   |           |  |  |  |  |  | Q-time: 00:26:47                                         |  |  |
| PB (50m pool): 00:26.47 Antwerpen 27/04/2025 |           |  |  |  |  |  | PB (25m pool): 00:26.08SB: 00:26.94 Antwerpen 22/03/2026 |  |  |
|                                              | 5 0 M     |  |  |  |  |  |                                                          |  |  |
| PB                                           | 00:26.47  |  |  |  |  |  |                                                          |  |  |
|                                              | 00:26.47  |  |  |  |  |  |                                                          |  |  |
|                                              | . . . . . |  |  |  |  |  |                                                          |  |  |

Coach feedback:

# OBC LCM 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 37: 50M FREESTYLE WOMEN             |          |  |  |  | Heat:7, starttime: 10:58                                  |
|---------------------------------------------------|----------|--|--|--|-----------------------------------------------------------|
| Heat: 7/9 Lane : 6 Athlete: VAN BRABANDT JULIETTE |          |  |  |  | Q-time: 00:26:73                                          |
| PB (50m pool): 00:26.73 Antwerpen 22/03/2026      |          |  |  |  | PB (25m pool): 00:25.78 SB: 00:26.73 Antwerpen 22/03/2026 |
|                                                   | 5 0 M    |  |  |  |                                                           |
| PB                                                | 00:26.73 |  |  |  |                                                           |
|                                                   | 00:26.73 |  |  |  |                                                           |
|                                                   | .....    |  |  |  |                                                           |

Coach feedback:

| Event number: 38: 200M MEDLEY MEN            |         |         |         |          | Heat:1, starttime: 11:02            |
|----------------------------------------------|---------|---------|---------|----------|-------------------------------------|
| Heat: 1/5 Lane : 4 Athlete: CLAEYS OSCAR     |         |         |         |          | Q-time: 02:19:01                    |
| PB (50m pool): 02:17.82 ANTWERPEN 30/07/2023 |         |         |         |          | PB (25m pool): 02:16.41 SB: no time |
|                                              | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M  |                                     |
| PB                                           | no time | no time | no time | 02:17.82 |                                     |
|                                              | no time |         |         |          |                                     |
|                                              | .....   | .....   | .....   | .....    |                                     |

Coach feedback:

| Event number: 39: 400M FREESTYLE WOMEN          |                |           |                                                             |           |           |           | Heat:2, starttime: 11:22 |           |
|-------------------------------------------------|----------------|-----------|-------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/3    Lane : 8    Athlete: VINCK TINE    |                |           |                                                             |           |           |           | Q-time: 04:36:08         |           |
| PB (50m pool): 04:31.89    Antwerpen 21/04/2024 |                |           | PB (25m pool): 04:29.68SB: 04:36.08    Lochristi 01/02/2026 |           |           |           |                          |           |
|                                                 | 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                                              | no time        | no time   | no time                                                     | no time   | no time   | no time   | no time                  | 04:31.89  |
|                                                 | <i>no time</i> |           |                                                             |           |           |           |                          |           |
|                                                 | . . . . .      | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 40: 1500M FREESTYLE MEN           |           |           |           |           |           |           | Heat:1, starttime: 11:33            |           |
|-------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|
| Heat: 1/1    Lane : 3    Athlete: KOCKX HENRI   |           |           |           |           |           |           | Q-time: 16:52:91                    |           |
| PB (50m pool): 16:52.91    Antwerpen 27/07/2025 |           |           |           |           |           |           | PB (25m pool): 16:48.91 SB: no time |           |
|                                                 | 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                                              | 00:30.98  | 01:04.36  | 01:38.51  | 02:12.31  | 02:46.07  | 03:19.72  | 03:53.44                            | 04:26.97  |
|                                                 | 00:30.98  | 00:33.38  | 00:34.15  | 00:33.80  | 00:33.76  | 00:33.65  | 00:33.72                            | 00:33.53  |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . |

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

|    | 4 5 0 M   | 5 0 0 M   | 5 5 0 M   | 6 0 0 M   | 6 5 0 M   | 7 0 0 M   | 7 5 0 M   | 8 0 0 M   |
|----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| PB | 05:00.54  | 05:33.99  | 06:07.70  | 06:40.99  | 07:14.64  | 07:48.55  | 08:22.59  | 08:56.40  |
|    | 00:33.57  | 00:33.45  | 00:33.71  | 00:33.29  | 00:33.65  | 00:33.91  | 00:34.04  | 00:33.81  |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

|    | 8 5 0 M   | 9 0 0 M   | 9 5 0 M   | 1 0 0 0 M | 1 0 5 0 M | 1 1 0 0 M | 1 1 5 0 M | 1 2 0 0 M |
|----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| PB | 09:30.49  | 10:04.58  | 10:38.76  | 11:12.76  | 11:46.62  | 12:20.60  | 12:54.74  | 13:29.02  |
|    | 00:34.09  | 00:34.09  | 00:34.18  | 00:34.00  | 00:33.86  | 00:33.98  | 00:34.14  | 00:34.28  |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

|    | 1 1 5 0 M | 1 3 0 0 M | 1 3 5 0 M | 1 4 0 0 M | 1 4 5 0 M | 1 5 0 0 M |  |
|----|-----------|-----------|-----------|-----------|-----------|-----------|--|
| PB | 14:03.38  | 14:37.61  | 15:11.85  | 15:45.84  | 16:20.07  | 16:52.91  |  |
|    | 00:34.36  | 00:34.23  | 00:34.24  | 00:33.99  | 00:34.23  | 00:32.84  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback: