

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

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

Coaches: Dekoninck Nicole HEADCOACH

PB => Personal Best time

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

Event number: 36: 100M BACKSTROKE MEN			Heat:3, starttime: 10:39
Heat: 3/8 Lane : 7 Athlete: BEISHUIZEN TOM			Q-time: 01:04:62
PB (50m pool): 01:04.62 Antwerpen 27/07/2025			PB (25m pool): 01:01.41 SB: 01:06.69 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:31.94	01:04.62	
	00:31.94	00:32.68	
			

Coach feedback: