

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

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

Coaches: Van Hoof Natacha

Coaches: Laeremans Pieter

Coaches: Feyten Anne

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 33: 100M BACKSTROKE WOMEN			Heat:2, starttime: 09:49
Heat: 2/10 Lane : 1 Athlete: MERTENS HELENA			Q-time: 01:12:80
PB (50m pool): 01:12.80 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:09.74 SB: 01:12.80 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.48	01:12.80	
	00:35.48	00:37.32	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:4, starttime: 09:53
Heat: 4/10 Lane : 6 Athlete: MERTENS FEMKE			Q-time: 01:10:39
PB (50m pool): 01:10.39 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:08.39 SB: 01:10.39 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:34.34	01:10.39	
	00:34.34	00:36.05	
			

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN				Heat:2, starttime: 10:20
Heat: 2/5 Lane : 6 Athlete: BOVEN AXELLE				Q-time: 02:48:82
PB (50m pool): 02:48.82 Antwerpen 27/07/2025 PB (25m pool): 02:47.43 SB: 02:52.85 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:39.12	01:22.75	02:06.99	02:48.82
	00:39.12	00:43.63	00:44.24	00:41.83
				

Coach feedback:

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Event number: 39: 400M FREESTYLE WOMEN							Heat:1, starttime: 11:17	
Heat: 1/3 Lane : 3 Athlete: MERTENS HELENA							Q-time: 04:38:58	
PB (50m pool): 04:38.58 Antwerp 09/02/2025				PB (25m pool): 04:32.27SB: 04:45.41 Antwerpen 22/03/2026				
	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	00:31.60	01:05.35	01:40.80	02:16.55	02:52.66	03:28.44	04:04.37	04:38.58
	00:31.60	00:33.75	00:35.45	00:35.75	00:36.11	00:35.78	00:35.93	00:34.21
								

Coach feedback: