

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

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

Coaches: Buyck Tine

Coaches: Lasoen Sam 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 : 2 Athlete: DHOOGE LIAM

Q-time: 02:01:47

PB (50m pool): 02:01.47 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 01:57.36 SB: 02:01.47 Olympic Pool Wezenberg, Antwer 29/03/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.41	00:58.18	01:30.23	02:01.47	
	00:27.41	00:30.77	00:32.05	00:31.24	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN

Heat:1, starttime: 09:46

Heat: 1/10 Lane : 3 Athlete: VLAMIJNCK LORE

Q-time: 01:13:15

PB (50m pool): 01:13.15 Antwerpen 27/07/2025 PB (25m pool): 01:11.12 SB: 01:16.07 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:35.48	01:13.15	
	00:35.48	00:37.67	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN

Heat:4, starttime: 09:53

Heat: 4/10 Lane : 3 Athlete: VAN AVONDT LINA

Q-time: 01:10:36

PB (50m pool): 01:10.36 Antwerpen 22/03/2026 PB (25m pool): 01:07.47 SB: 01:10.36 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:34.12	01:10.36	
	00:34.12	00:36.24	
			

Coach feedback:

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

Event number: 39: 400M FREESTYLE WOMEN							Heat:2, starttime: 11:22	
Heat: 2/3 Lane : 7 Athlete: VAN AVONDT LINA							Q-time: 04:30:70	
PB (50m pool): 04:30.70 Antwerpen 22/03/2026				PB (25m pool): 04:26.40SB: 04:30.70 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	00:30.66	01:04.43	01:38.56	02:13.25	02:47.69	03:22.72	03:57.25	04:30.70
	00:30.66	00:33.77	00:34.13	00:34.69	00:34.44	00:35.03	00:34.53	00:33.45
								

Coach feedback: