

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

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

Coaches: Januarius Bart

Coaches: Iannino David HEADCOACH

Coaches: Leemans Mats

PB => Personal Best time

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

| Event number: 32: 200M BREASTSTROKE MEN |           |           |           |           | Heat:2, starttime: 09:30                             |
|-----------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| Heat: 2/6 Lane : 8 Athlete: MEERT VINCE |           |           |           |           | Q-time: 02:37:96                                     |
| PB (50m pool): 02:37.96 Gent 08/02/2026 |           |           |           |           | PB (25m pool): 02:32.66 SB: 02:37.96 Gent 08/02/2026 |
|                                         | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                      |
| PB                                      | 00:34.68  | 01:14.57  | 01:55.95  | 02:37.96  |                                                      |
|                                         | 00:34.68  | 00:39.89  | 00:41.38  | 00:42.01  |                                                      |
|                                         | . . . . . | . . . . . | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 32: 200M BREASTSTROKE MEN                  |           |           |           |           | Heat:3, starttime: 09:33                                  |
|----------------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/6 Lane : 7 Athlete: CLEYMANS KARSTEN             |           |           |           |           | Q-time: 02:32:63                                          |
| PB (50m pool): 02:32.63 Lago Gent Rozebroeken 04/05/2025 |           |           |           |           | PB (25m pool): 02:22.81 SB: 02:34.77 Antwerpen 19/04/2026 |
|                                                          | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                                       | 00:34.65  | 01:14.97  | 01:55.53  | 02:32.63  |                                                           |
|                                                          | 00:34.65  | 00:40.32  | 00:40.56  | 00:37.10  |                                                           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 200M BREASTSTROKE MEN      |           |           |           |           | Heat:5, starttime: 09:40                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/6 Lane : 1 Athlete: CLEYMANS TORBEN  |           |           |           |           | Q-time: 02:27:23                                          |
| PB (50m pool): 02:26.51 Antwerpen 28/07/2024 |           |           |           |           | PB (25m pool): 02:20.47 SB: 02:30.72 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | no time   | no time   | no time   | 02:26.51  |                                                           |
|                                              | no time   |           |           |           |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 32: 200M BREASTSTROKE MEN           |           |           |                                                           |           | Heat:5, starttime: 09:40 |
|---------------------------------------------------|-----------|-----------|-----------------------------------------------------------|-----------|--------------------------|
| Heat: 5/6 Lane : 6 Athlete: VAN GROENIGEN KARSTEN |           |           |                                                           |           | Q-time: 02:21:69         |
| PB (50m pool): 02:21.69 Antwerpen 22/03/2026      |           |           | PB (25m pool): 02:16.53 SB: 02:21.69 Antwerpen 22/03/2026 |           |                          |
|                                                   | 5 0 M     | 1 0 0 M   | 1 5 0 M                                                   | 2 0 0 M   |                          |
| PB                                                | 00:31.63  | 01:07.89  | 01:45.01                                                  | 02:21.69  |                          |
|                                                   | 00:31.63  | 00:36.26  | 00:37.12                                                  | 00:36.68  |                          |
|                                                   | . . . . . | . . . . . | . . . . .                                                 | . . . . . |                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN      |           |           |                                                           |  | Heat:5, starttime: 09:55 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|--|--------------------------|
| Heat: 5/10 Lane : 8 Athlete: AELEN BENTE     |           |           |                                                           |  | Q-time: 01:09:80         |
| PB (50m pool): 01:09.80 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:09.23 SB: 01:09.80 Antwerpen 08/03/2026 |  |                          |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |  |                          |
| PB                                           | 00:34.96  | 01:09.80  |                                                           |  |                          |
|                                              | 00:34.96  | 00:34.84  |                                                           |  |                          |
|                                              | . . . . . | . . . . . |                                                           |  |                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN      |           |           |                                                           |  | Heat:9, starttime: 10:04 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|--|--------------------------|
| Heat: 9/10 Lane : 6 Athlete: NAZARUK NICOLE  |           |           |                                                           |  | Q-time: 01:05:24         |
| PB (50m pool): 01:05.24 Antwerpen 27/04/2025 |           |           | PB (25m pool): 01:02.83 SB: 01:07.10 Antwerpen 22/03/2026 |  |                          |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |  |                          |
| PB                                           | 00:31.41  | 01:05.24  |                                                           |  |                          |
|                                              | 00:31.41  | 00:33.83  |                                                           |  |                          |
|                                              | . . . . . | . . . . . |                                                           |  |                          |

Coach feedback:

| Event number: 34: 50M BUTTERFLY MEN          |           |  |                                                           |  | Heat:6, starttime: 10:14 |
|----------------------------------------------|-----------|--|-----------------------------------------------------------|--|--------------------------|
| Heat: 6/7 Lane : 6 Athlete: THIÉBAUT NOAH    |           |  |                                                           |  | Q-time: 00:25:20         |
| PB (50m pool): 00:25.20 Antwerpen 22/03/2026 |           |  | PB (25m pool): 00:25.51 SB: 00:25.20 Antwerpen 22/03/2026 |  |                          |
|                                              | 5 0 M     |  |                                                           |  |                          |
| PB                                           | 00:25.20  |  |                                                           |  |                          |
|                                              | 00:25.20  |  |                                                           |  |                          |
|                                              | . . . . . |  |                                                           |  |                          |

Coach feedback:

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

|                                               |           |                                                           |
|-----------------------------------------------|-----------|-----------------------------------------------------------|
| Event number: 37: 50M FREESTYLE WOMEN         |           | Heat:6, starttime: 10:57                                  |
| Heat: 6/9 Lane : 2 Athlete: IANNINO VALENTINA |           | Q-time: 00:27:35                                          |
| PB (50m pool): 00:27.35 Antwerpen 08/03/2026  |           | PB (25m pool): 00:27.03 SB: 00:27.35 Antwerpen 08/03/2026 |
|                                               | 5 0 M     |                                                           |
| PB                                            | 00:27.35  |                                                           |
|                                               | 00:27.35  |                                                           |
|                                               | . . . . . |                                                           |

Coach feedback: