

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

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

Coaches: Guldentops Kevin

Coaches: Hanssens Yash

PB => Personal Best time

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

Event number: 31: 200M BUTTERFLY WOMEN					Heat:1, starttime: 09:13
Heat: 1/4 Lane : 1 Athlete: VAN BUNDER INEZ					Q-time: 02:43:54
PB (50m pool): 02:43.54 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:51.03 SB: 02:43.54 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.83	01:20.37	02:02.46	02:43.54	
	00:36.83	00:43.54	00:42.09	00:41.08	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:1, starttime: 09:13
Heat: 1/4 Lane : 4 Athlete: MURAT IREM					Q-time: 02:37:96
PB (50m pool): 02:37.96 Antwerpen 27/07/2025 PB (25m pool): 02:34.74 SB: 02:41.99 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.96	01:12.57	01:54.54	02:37.96	
	00:32.96	00:39.61	00:41.97	00:43.42	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:2, starttime: 09:17
Heat: 2/4 Lane : 4 Athlete: DE BONT SAM					Q-time: 02:23:63
PB (50m pool): 02:23.63 Antwerp 09/02/2025 PB (25m pool): 02:18.70 SB: 02:27.77 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.44	01:07.58	01:45.15	02:23.63	
	00:31.44	00:36.14	00:37.57	00:38.48	
					

Coach feedback:

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Event number: 31: 200M BUTTERFLY WOMEN					Heat:2, starttime: 09:17
Heat: 2/4 Lane : 7 Athlete: VAN BUNDER AMY					Q-time: 02:34:48
PB (50m pool): 02:34.48 Antwerpen 08/03/2026					PB (25m pool): 02:32.68 SB: 02:34.48 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.19	01:10.12	01:51.96	02:34.48	
	00:32.19	00:37.93	00:41.84	00:42.52	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:3, starttime: 09:20
Heat: 3/4 Lane : 6 Athlete: GAUDAEN MAUD					Q-time: 02:30:88
PB (50m pool): 02:30.88 Antwerpen 22/03/2026					PB (25m pool): 02:31.39 SB: 02:30.88 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.07	01:11.98	01:51.43	02:30.88	
	00:34.07	00:37.91	00:39.45	00:39.45	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:3, starttime: 09:33
Heat: 3/6 Lane : 2 Athlete: SCIACCA LEANDRO					Q-time: 02:31:25
PB (50m pool): 02:31.25 Antwerpen 19/04/2026					PB (25m pool): 02:28.07 SB: 02:31.25 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.89	01:15.00	01:53.43	02:31.25	
	00:34.89	00:40.11	00:38.43	00:37.82	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:3, starttime: 09:51
Heat: 3/10 Lane : 6 Athlete: VERLUYTEN NIENE					Q-time: 01:10:75
PB (50m pool): 01:10.75 Antwerpen 08/03/2026					PB (25m pool): 01:08.79 SB: 01:10.75 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:34.15	01:10.75			
	00:34.15	00:36.60			
					

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN			Heat:4, starttime: 09:53
Heat: 4/10 Lane : 1 Athlete: STESENS EMMA-LOUISE			Q-time: 01:10:52
PB (50m pool): 01:09.23 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:08.67 SB: 01:09.23 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:33.80	01:09.23	
	00:33.80	00:35.43	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:6, starttime: 09:58
Heat: 6/10 Lane : 1 Athlete: DE JONG SUZAN			Q-time: 01:09:11
PB (50m pool): 01:09.32 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:06.83 SB: 01:09.32 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:34.13	01:09.32	
	00:34.13	00:35.19	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN			Heat:7, starttime: 10:00
Heat: 7/10 Lane : 3 Athlete: VERLUYTEN LENI			Q-time: 01:07:58
PB (50m pool): 01:07.58 La Louvière 25/05/2025 PB (25m pool): 01:06.11 SB: 01:08.88 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:32.77	01:07.58	
	00:32.77	00:34.81	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:6, starttime: 10:45
Heat: 6/8 Lane : 7 Athlete: MICHIELS SIBE			Q-time: 01:01:53
PB (50m pool): 01:01.53 Antwerpen 08/03/2026 PB (25m pool): 01:00.40 SB: 01:01.53 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:30.01	01:01.53	
	00:30.01	00:31.52	
			

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Event number: 37: 50M FREESTYLE WOMEN										Heat:8, starttime: 10:59																			
Heat: 8/9 Lane : 1 Athlete: LAGEY LISELOTTE																				Q-time: 00:27:10									
PB (50m pool): 00:28.47 Antwerpen 19/04/2026										PB (25m pool): no time SB: 00:28.47 Antwerpen 19/04/2026																			
	5 0 M																												
PB	00:28.47																												
	00:28.47																												
																													

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN										Heat:8, starttime: 10:59																			
Heat: 8/9 Lane : 3 Athlete: MICHIELS NORE																				Q-time: 00:26:29									
PB (50m pool): 00:26.29 Antwerpen 27/07/2025										PB (25m pool): 00:25.78SB: 00:26.52 Antwerpen 22/03/2026																			
		5 0 M																											
PB		00:26.29																											
		00:26.29																											
																													

Coach feedback: