

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

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

Coaches: Nuytten Stefanie HEADCOACH

Coaches: Backs Hubert

Coaches: Desmet Carl

PB => Personal Best time

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

| Event number: 30: 200M FREESTYLE MEN         |           |           |           |           | Heat:2, starttime: 09:03                                                |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------------------------------------------|
| Heat: 2/5 Lane : 3 Athlete: DESMET LEENDERT  |           |           |           |           | Q-time: 01:58:78                                                        |
| PB (50m pool): 01:58.78 Antwerpen 27/07/2025 |           |           |           |           | PB (25m pool): 01:57.30 SB: 01:59.77 Sportoase De Watermolen 29/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                                         |
| PB                                           | 00:27.25  | 00:57.44  | 01:28.37  | 01:58.78  |                                                                         |
|                                              | 00:27.25  | 00:30.19  | 00:30.93  | 00:30.41  |                                                                         |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                                         |

Coach feedback:

| Event number: 30: 200M FREESTYLE MEN         |           |           |           |           | Heat:4, starttime: 09:08                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/5 Lane : 3 Athlete: CLAERHOUT BAS    |           |           |           |           | Q-time: 01:52:75                                          |
| PB (50m pool): 01:52.75 Antwerpen 27/07/2025 |           |           |           |           | PB (25m pool): 01:49.46 SB: 01:54.50 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:27.05  | 00:55.73  | 01:24.64  | 01:52.75  |                                                           |
|                                              | 00:27.05  | 00:28.68  | 00:28.91  | 00:28.11  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 30: 200M FREESTYLE MEN         |           |           |           |           | Heat:4, starttime: 09:08                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/5 Lane : 5 Athlete: WAERNIERS BERE   |           |           |           |           | Q-time: 01:50:52                                          |
| PB (50m pool): 01:50.52 Antwerpen 22/03/2026 |           |           |           |           | PB (25m pool): 01:47.38 SB: 01:50.52 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:26.05  | 00:53.76  | 01:22.13  | 01:50.52  |                                                           |
|                                              | 00:26.05  | 00:27.71  | 00:28.37  | 00:28.39  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 31: 200M BUTTERFLY WOMEN       |          |          |                                                          |          | Heat:2, starttime: 09:17 |
|----------------------------------------------|----------|----------|----------------------------------------------------------|----------|--------------------------|
| Heat: 2/4 Lane : 8 Athlete: LINSKENS ELLOISE |          |          |                                                          |          | Q-time: 02:37:95         |
| PB (50m pool): 02:37.95 Antwerpen 22/03/2026 |          |          | PB (25m pool): no time SB: 02:37.95 Antwerpen 22/03/2026 |          |                          |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M                                                  | 2 0 0 M  |                          |
| PB                                           | 00:33.76 | 01:13.50 | 01:55.33                                                 | 02:37.95 |                          |
|                                              | 00:33.76 | 00:39.74 | 00:41.83                                                 | 00:42.62 |                          |
|                                              | .....    | .....    | .....                                                    | .....    |                          |

Coach feedback:

| Event number: 33: 100M BACKSTROKE WOMEN        |          |          |                                                           |  | Heat:9, starttime: 10:04 |
|------------------------------------------------|----------|----------|-----------------------------------------------------------|--|--------------------------|
| Heat: 9/10 Lane : 1 Athlete: DE BRUYCKER CHLOë |          |          |                                                           |  | Q-time: 01:06:59         |
| PB (50m pool): 01:06.59 Antwerpen 08/03/2026   |          |          | PB (25m pool): 01:07.72 SB: 01:06.59 Antwerpen 08/03/2026 |  |                          |
|                                                | 5 0 M    | 1 0 0 M  |                                                           |  |                          |
| PB                                             | 00:32.62 | 01:06.59 |                                                           |  |                          |
|                                                | 00:32.62 | 00:33.97 |                                                           |  |                          |
|                                                | .....    | .....    |                                                           |  |                          |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN             |          |          |                                                           |  | Heat:4, starttime: 10:41 |
|---------------------------------------------------|----------|----------|-----------------------------------------------------------|--|--------------------------|
| Heat: 4/8 Lane : 3 Athlete: VANDEKERCKHOVE JEROME |          |          |                                                           |  | Q-time: 01:03:62         |
| PB (50m pool): 01:03.62 Antwerpen 08/03/2026      |          |          | PB (25m pool): 01:03.35 SB: 01:03.62 Antwerpen 08/03/2026 |  |                          |
|                                                   | 5 0 M    | 1 0 0 M  |                                                           |  |                          |
| PB                                                | 00:30.83 | 01:03.62 |                                                           |  |                          |
|                                                   | 00:30.83 | 00:32.79 |                                                           |  |                          |
|                                                   | .....    | .....    |                                                           |  |                          |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN                     |          |          |                                                                        |  | Heat:5, starttime: 10:43 |
|-----------------------------------------------------------|----------|----------|------------------------------------------------------------------------|--|--------------------------|
| Heat: 5/8 Lane : 2 Athlete: KINDT LIAM                    |          |          |                                                                        |  | Q-time: 01:03:13         |
| PB (50m pool): 01:03.19 Zwembad Brigitte Becue 26/04/2026 |          |          | PB (25m pool): 01:02.50 SB: 01:03.19 Zwembad Brigitte Becue 26/04/2026 |  |                          |
|                                                           | 5 0 M    | 1 0 0 M  |                                                                        |  |                          |
| PB                                                        | 00:30.04 | 01:03.19 |                                                                        |  |                          |
|                                                           | 00:30.04 | 00:33.15 |                                                                        |  |                          |
|                                                           | .....    | .....    |                                                                        |  |                          |

Coach feedback:

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

| Event number: 36: 100M BACKSTROKE MEN                                                                                            |           |           | Heat:6, starttime: 10:45 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 6/8 Lane : 6 Athlete: THONON MATISSE                                                                                       |           |           | Q-time: 00:59:79         |
| PB (50m pool): 00:59.79 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:57.80 SB: 00:59.79 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:29.04  | 00:59.79  |                          |
|                                                                                                                                  | 00:29.04  | 00:30.75  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 37: 50M FREESTYLE WOMEN                                                                  |           |  | Heat:6, starttime: 10:57 |
|--------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 6/9 Lane : 4 Athlete: DESMET LIEZE                                                               |           |  | Q-time: 00:27:24         |
| PB (50m pool): 00:27.24 Antwerpen 08/03/2026 PB (25m pool): 00:27.16 SB: 00:27.24 Antwerpen 08/03/2026 |           |  |                          |
|                                                                                                        | 5 0 M     |  |                          |
| PB                                                                                                     | 00:27.24  |  |                          |
|                                                                                                        | 00:27.24  |  |                          |
|                                                                                                        | . . . . . |  |                          |

Coach feedback:

| Event number: 37: 50M FREESTYLE WOMEN                                                                                |           |  | Heat:6, starttime: 10:57 |
|----------------------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 6/9 Lane : 7 Athlete: DE BRUYCKER CHLOë                                                                        |           |  | Q-time: 00:27:47         |
| PB (50m pool): 00:27.47 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:27.26 SB: 00:27.68 Amersfoort 22/02/2026 |           |  |                          |
|                                                                                                                      | 5 0 M     |  |                          |
| PB                                                                                                                   | 00:27.47  |  |                          |
|                                                                                                                      | 00:27.47  |  |                          |
|                                                                                                                      | . . . . . |  |                          |

Coach feedback:

| Event number: 37: 50M FREESTYLE WOMEN                                                                  |           |  | Heat:7, starttime: 10:58 |
|--------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 7/9 Lane : 1 Athlete: GANTOIS JANNE                                                              |           |  | Q-time: 00:27:12         |
| PB (50m pool): 00:27.12 Antwerpen 08/03/2026 PB (25m pool): 00:27.86 SB: 00:27.12 Antwerpen 08/03/2026 |           |  |                          |
|                                                                                                        | 5 0 M     |  |                          |
| PB                                                                                                     | 00:27.12  |  |                          |
|                                                                                                        | 00:27.12  |  |                          |
|                                                                                                        | . . . . . |  |                          |

Coach feedback:

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

| Event number: 38: 200M MEDLEY MEN            |           |           |           |           | Heat:4, starttime: 11:11                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/5 Lane : 1 Athlete: DESMET LEENDERT  |           |           |           |           | Q-time: 02:15:50                                          |
| PB (50m pool): 02:15.50 Antwerpen 22/03/2026 |           |           |           |           | PB (25m pool): 02:13.24 SB: 02:15.50 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:29.22  | 01:04.72  | 01:44.92  | 02:15.50  |                                                           |
|                                              | 00:29.22  | 00:35.50  | 00:40.20  | 00:30.58  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 38: 200M MEDLEY MEN            |           |           |           |           | Heat:4, starttime: 11:11                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/5 Lane : 5 Athlete: CLAERHOUT BAS    |           |           |           |           | Q-time: 02:08:82                                          |
| PB (50m pool): 02:08.82 Antwerpen 27/07/2025 |           |           |           |           | PB (25m pool): 02:04.77 SB: 02:09.02 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:26.76  | 00:59.65  | 01:39.58  | 02:08.82  |                                                           |
|                                              | 00:26.76  | 00:32.89  | 00:39.93  | 00:29.24  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 39: 400M FREESTYLE WOMEN         |           |           |           |                                                        |           |           | Heat:3, starttime: 11:27 |           |
|------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 7    Athlete: LAMMENS MARY |           |           |           |                                                        |           |           | Q-time: 04:30:52         |           |
| PB (50m pool): 04:30.52    Antwerp 26/01/2025  |           |           |           | PB (25m pool): 04:30.28SB: 04:32.06    Gent 08/02/2026 |           |           |                          |           |
|                                                | 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                                             | 00:31.98  | 01:05.44  | 01:39.94  | 02:14.66                                               | 02:49.49  | 03:23.83  | 03:57.81                 | 04:30.52  |
|                                                | 00:31.98  | 00:33.46  | 00:34.50  | 00:34.72                                               | 00:34.83  | 00:34.34  | 00:33.98                 | 00:32.71  |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: