

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

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

Coaches: Mertens Wenke

Coaches: Van de Weyer Rune

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 : 1 Athlete: VAN WAELDEREN THOMAS

Q-time: 01:59:89

PB (50m pool): 01:59.63 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:57.69 SB: 01:59.63 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.55	00:58.29	01:29.11	01:59.63	
	00:27.55	00:30.74	00:30.82	00:30.52	
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN

Heat:7, starttime: 10:15

Heat: 7/7 Lane : 8 Athlete: VAN WAELDEREN THOMAS

Q-time: 00:25:89

PB (50m pool): 00:25.89 Antwerpen 22/03/2026 PB (25m pool): 00:25.32 SB: 00:25.89 Antwerpen 22/03/2026

	5 0 M	
PB	00:25.89	
	00:25.89	
		

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN

Heat:2, starttime: 10:20

Heat: 2/5 Lane : 3 Athlete: VINGERHOETS MADELIEF

Q-time: 02:48:68

PB (50m pool): 02:53.39 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 02:53.39 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.49	01:23.50	02:08.64	02:53.39	
	00:39.49	00:44.01	00:45.14	00:44.75	
					

Coach feedback: