

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

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

Coaches: Van Den Broeck Dennis

Coaches: Van Den Broeck Michaël

PB => Personal Best time

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

Event number: 33: 100M BACKSTROKE WOMEN Heat:5, starttime: 09:55

Heat: 5/10 Lane : 5 Athlete: GEENS AMÉLIE Q-time: 01:09:39

PB (50m pool): 01:09.39 Antwerpen 22/03/2026 PB (25m pool): 01:07.62 SB: 01:09.39 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:32.84	01:09.39	
	00:32.84	00:36.55	
			

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN Heat:7, starttime: 10:00

Heat: 7/10 Lane : 6 Athlete: DALEMANS LYN Q-time: 01:07:62

PB (50m pool): 01:07.50 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:05.62 SB: 01:07.50 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:32.70	01:07.50	
	00:32.70	00:34.80	
			

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN Heat:8, starttime: 10:59

Heat: 8/9 Lane : 8 Athlete: DALEMANS LYN Q-time: 00:27:13

PB (50m pool): 00:27.13 Antwerpen 27/07/2025 PB (25m pool): 00:26.76 SB: 00:27.45 Molenbeek 01/02/2026

	5 0 M	
PB	00:27.13	
	00:27.13	
		

Coach feedback: