

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

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

Coaches: Vereecken Sven

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 : 7 Athlete: MICHOEL QUINTEN					Q-time: 01:59:70
PB (50m pool): 01:59.12 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:56.32 SB: 01:59.12 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.15	00:57.40	01:28.83	01:59.12	
	00:27.15	00:30.25	00:31.43	00:30.29	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:2, starttime: 09:49
Heat: 2/10 Lane : 6 Athlete: OOMS SARI					Q-time: 01:11:73
PB (50m pool): 01:10.89 ANTWERPEN 30/07/2023 PB (25m pool): 01:07.26 SB: 01:16.27 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M			
PB	no time	01:10.89			
	no time				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY MEN					Heat:2, starttime: 10:10
Heat: 2/7 Lane : 2 Athlete: VAN BALLAER VIKTOR					Q-time: 00:26:93
PB (50m pool): 00:26.93 Antwerpen 22/03/2026 PB (25m pool): 00:26.04 SB: 00:26.93 Antwerpen 22/03/2026					
	5 0 M				
PB	00:26.93				
	00:26.93				
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY MEN				Heat:4, starttime: 10:12	
Heat: 4/7 Lane : 1 Athlete: MICHOEL QUINTEN				Q-time: 00:26:32	
PB (50m pool): 00:26.32 Olympic Pool Wezenberg, Antwer 29/03/2025				PB (25m pool): 00:26.05 SB: 00:26.32 Olympic Pool Wezenberg, Antwer 29/03/2025	
	5 0 M				
PB	00:26.32				
	00:26.32				
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:3, starttime: 10:24	
Heat: 3/5 Lane : 1 Athlete: DILLEN NORAH					Q-time: 02:45:91	
PB (50m pool): 02:44.74 Antwerpen 28/07/2024			PB (25m pool): 02:42.21 SB: 02:52.38 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:44.74		
	no time					
						

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN				Heat:4, starttime: 10:41	
Heat: 4/8 Lane : 8 Athlete: HAESENDONCKX JARNE				Q-time: 01:04:19	
PB (50m pool): 01:04.19 Antwerp 09/02/2025				PB (25m pool): 01:01.33 SB: 01:06.19 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	no time	01:04.19			
	<i>no time</i>				
					

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN				Heat:7, starttime: 10:47	
Heat: 7/8 Lane : 7 Athlete: VAN TILBURG MATTHIAS				Q-time: 01:01:36	
PB (50m pool): 01:01.36 Antwerpen 27/07/2025				PB (25m pool): 00:58.02 SB: 01:01.38 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:29.67	01:01.36			
	00:29.67	00:31.69			
					

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN							Heat:3, starttime: 10:54		
Heat: 3/9 Lane : 4 Athlete: OOMS SARI							Q-time: 00:28:19		
PB (50m pool): 00:28.19 Antwerp 09/02/2025							PB (25m pool): 00:27.66SB: 00:29.46 Antwerpen 22/03/2026		
	50 M								
PB	00:28.19								
	00:28.19								
									

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:2, starttime: 11:05	
Heat: 2/5 Lane : 7 Athlete: VAN BALLAER VIKTOR					Q-time: 02:18:80	
PB (50m pool): 02:18.80 Antwerpen 22/03/2026					PB (25m pool): 02:11.01 SB: 02:18.80 Antwerpen 22/03/2026	
	50 M	100 M	150 M	200 M		
PB	00:28.25	01:04.86	01:45.20	02:18.80		
	00:28.25	00:36.61	00:40.34	00:33.60		
						

Coach feedback: