

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 32: 200M BREASTSTROKE MEN Heat:1, starttime: 09:27

Heat: 1/6 Lane : 1 Athlete: VERROKEN GERBEN Q-time: 02:41:88

PB (50m pool): 02:36.33 Antwerp 21/01/2024 PB (25m pool): 02:31.28 SB: 02:42.96 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:36.33	
	no time				
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN Heat:1, starttime: 09:27

Heat: 1/6 Lane : 3 Athlete: DE PEYPER NOAH Q-time: 02:39:80

PB (50m pool): 02:39.80 Seraing 23/03/2025 PB (25m pool): 02:31.27 SB: 02:41.91 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.22	01:16.09	01:59.07	02:39.80	
	00:36.22	00:39.87	00:42.98	00:40.73	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN Heat:1, starttime: 09:27

Heat: 1/6 Lane : 4 Athlete: PERSOONS EMIEL Q-time: 02:39:11

PB (50m pool): 02:39.11 Olympic Pool Wezenberg, Antwer 30/03/2025 PB (25m pool): 02:33.69 SB: 02:41.53 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.18	01:17.20	01:58.25	02:39.11	
	00:36.18	00:41.02	00:41.05	00:40.86	
					

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN			Heat:3, starttime: 09:51
Heat: 3/10 Lane : 8 Athlete: DE BACKER BIRGIT			Q-time: 01:11:15
PB (50m pool): 01:11.15 Antwerpen 22/03/2026			PB (25m pool): 01:08.92 SB: 01:11.15 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.91	01:11.15	
	00:33.91	00:37.24	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:5, starttime: 10:43
Heat: 5/8 Lane : 1 Athlete: VERROKEN GERBEN			Q-time: 01:03:44
PB (50m pool): 01:03.44 Antwerpen 27/07/2025			PB (25m pool): 01:01.19 SB: 01:04.59 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:31.14	01:03.44	
	00:31.14	00:32.30	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:6, starttime: 10:45
Heat: 6/8 Lane : 8 Athlete: VOLCKAERT MATTHIAS			Q-time: 01:02:50
PB (50m pool): 01:02.50 Antwerpen 22/03/2026			PB (25m pool): 01:00.97 SB: 01:02.50 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.49	01:02.50	
	00:30.49	00:32.01	
			

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN			Heat:2, starttime: 10:53
Heat: 2/9 Lane : 4 Athlete: DE BACKER BIRGIT			Q-time: 00:28:51
PB (50m pool): 00:28.51 Antwerp 09/02/2025			PB (25m pool): 00:27.85 SB: 00:28.59 Aalst 26/04/2026
	5 0 M		
PB	00:28.51		
	00:28.51		
			

Coach feedback: