

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

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

Coaches: Meyers Sepp HEADCOACH

PB => Personal Best time

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

| Event number: 30: 200M FREESTYLE MEN            |           |           |           |           | Heat:5, starttime: 09:10            |
|-------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 5/5 Lane : 3 Athlete: LAUREYSSSENS DANIEL |           |           |           |           | Q-time: 01:52:21                    |
| PB (50m pool): 01:52.21 Antwerpen 27/04/2025    |           |           |           |           | PB (25m pool): 01:47.89 SB: no time |
|                                                 | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                              | 00:25.37  | 00:52.97  | 01:21.77  | 01:52.21  |                                     |
|                                                 | 00:25.37  | 00:27.60  | 00:28.80  | 00:30.44  |                                     |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 30: 200M FREESTYLE MEN           |           |           |           |           | Heat:5, starttime: 09:10                                  |
|------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/5 Lane : 7 Athlete: LAUREYSSSENS LUKAS |           |           |           |           | Q-time: 01:54:79                                          |
| PB (50m pool): 01:54.79 Antwerpen 27/07/2025   |           |           |           |           | PB (25m pool): 01:53.21 SB: 01:55.85 Wezenberg 01/02/2026 |
|                                                | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                             | 00:26.34  | 00:55.46  | 01:25.52  | 01:54.79  |                                                           |
|                                                | 00:26.34  | 00:29.12  | 00:30.06  | 00:29.27  |                                                           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 34: 50M BUTTERFLY MEN            |           |  |  |  | Heat:3, starttime: 10:11                                               |
|------------------------------------------------|-----------|--|--|--|------------------------------------------------------------------------|
| Heat: 3/7 Lane : 4 Athlete: LAUREYSSSENS LUKAS |           |  |  |  | Q-time: 00:26:38                                                       |
| PB (50m pool): 00:26.38 Antwerpen 27/07/2025   |           |  |  |  | PB (25m pool): 00:26.32 SB: 00:26.52 Olympic Pool Wezenberg, Antwer 29 |
|                                                | 5 0 M     |  |  |  |                                                                        |
| PB                                             | 00:26.38  |  |  |  |                                                                        |
|                                                | 00:26.38  |  |  |  |                                                                        |
|                                                | . . . . . |  |  |  |                                                                        |

Coach feedback:

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| Event number: 34: 50M BUTTERFLY MEN                                             |           | Heat:6, starttime: 10:14 |
|---------------------------------------------------------------------------------|-----------|--------------------------|
| Heat: 6/7 Lane : 7 Athlete: LAUREYSSSENS DANIEL                                 |           | Q-time: 00:25:60         |
| PB (50m pool): 00:25.29 Antwerpen 28/07/2024 PB (25m pool): no time SB: no time |           |                          |
|                                                                                 | 5 0 M     |                          |
| PB                                                                              | 00:25.29  |                          |
|                                                                                 | 00:25.29  |                          |
|                                                                                 | . . . . . |                          |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN                                                          |           | Heat:5, starttime: 10:43 |
|------------------------------------------------------------------------------------------------|-----------|--------------------------|
| Heat: 5/8 Lane : 8 Athlete: DE RIDDER ARNE                                                     |           | Q-time: 01:03:47         |
| PB (50m pool): 01:03.37 Aalst 26/04/2026 PB (25m pool): 01:03.55 SB: 01:03.37 Aalst 26/04/2026 |           |                          |
|                                                                                                | 5 0 M     | 1 0 0 M                  |
| PB                                                                                             | 00:30.85  | 01:03.37                 |
|                                                                                                | 00:30.85  | 00:32.52                 |
|                                                                                                | . . . . . | . . . . .                |

Coach feedback: