

OBC LCM 2026: Session: 5: COACH Evaluation sheet for TEAM: 00-000

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 30: 200M FREESTYLE MEN

Heat:3, starttime: 09:05

Heat: 3/5 Lane : 4 Athlete: MARSMAN KOEN

Q-time: 01:49:88

PB (50m pool): 1:49.88 Den Haag 12 apr 2025

PB (25m pool): 1:45.98 SB:

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	25.36	53.01	1:21.30	1:49.88	
	25.36	27.65	28.29	28.58	
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN

Heat:4, starttime: 09:08

Heat: 4/5 Lane : 4 Athlete: GOMES TIAGO FONSECA

Q-time: 01:48:44

PB (50m pool): 1:48.44 Saint-Denis (FR 21 mrt 2026

PB (25m pool): 1:44.70 SB:

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	25.59	52.93	1:21.13	1:48.44	
	25.59	27.34	28.20	27.31	
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN

Heat:5, starttime: 09:10

Heat: 5/5 Lane : 8 Athlete: DE ZEEUW SIEM

Q-time: 01:56:72

PB (50m pool): 1:56.72 Rotterdam 19 apr 2026

PB (25m pool): 1:51.05 SB:

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	26.99	56.72	1:26.37	1:56.72	
	26.99	29.73	29.65	30.35	
					

Coach feedback:

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Event number: 31: 200M BUTTERFLY WOMEN					Heat:4, starttime: 09:23
Heat: 4/4 Lane : 4 Athlete: ROZEBOOM EVY					Q-time: 02:10:60
PB (50m pool): 2:10.60 Saint-Denis (FR 21 mrt 2026					PB (25m pool): 2:09.05 SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	29.50	1:02.52	1:36.58	2:10.60	
	29.50	33.02	34.06	34.02	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:4, starttime: 09:37
Heat: 4/6 Lane : 4 Athlete: VAN DER HOFF COLLIN					Q-time: 02:12:93
PB (50m pool): 2:12.93 Den Haag 12 apr 2025					PB (25m pool): 2:09.37 SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.13	1:03.82	1:38.13	2:12.93	
	30.13	33.69	34.31	34.80	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN					Heat:6, starttime: 09:43
Heat: 6/6 Lane : 3 Athlete: BOXUM STORM					Q-time: 02:18:50
PB (50m pool): 2:18.50 Den Haag 12 apr 2025					PB (25m pool): 2:14.25 SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.89	1:05.86	1:41.44	2:18.50	
	30.89	34.97	35.58	37.06	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:8, starttime: 10:02
Heat: 8/10 Lane : 4 Athlete: ENGELSE JINTH					Q-time: 01:02:61
PB (50m pool): 1:01.80 Rotterdam 30 nov 2024					PB (25m pool): 59.66 SB:
	5 0 M	1 0 0 M			
PB	29.95	1:01.80			
	29.95	31.85			
					

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN							Heat:8, starttime: 10:02	
Heat: 8/10 Lane : 6 Athlete: ROLMAN ANGELINA							Q-time: 01:05:64	
PB (50m pool): 1:04.23 Amersfoort 13 jun 2024							PB (25m pool): 1:00.56 SB:	
	5 0 M		1 0 0 M					
PB	31.42		1:04.23					
	31.42		32.81					
								

Coach feedback:

Event number: 35: 200M BREASTSTROKE WOMEN					Heat:4, starttime: 10:27	
Heat: 4/5 Lane : 5 Athlete: BRINK DJANILLA					Q-time: 02:33:74	
PB (50m pool): 2:31.31 Amersfoort 13 jun 2024					PB (25m pool): 2:28.26 SB:	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	34.34	1:12.26	1:51.50	2:31.31		
	34.34	37.92	39.24	39.81		
						

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN							Heat:6, starttime: 10:45	
Heat: 6/8 Lane : 4 Athlete: PHILLIPSON GIOVANNI							Q-time: 00:55:05	
PB (50m pool): 55.05 Rotterdam 18 apr 2026							PB (25m pool): 52.72 SB:	
PB	5 0 M		1 0 0 M					
	26.53		55.05					
	26.53		28.52					
								

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN							Heat:8, starttime: 10:59	
Heat: 8/9 Lane : 5 Athlete: ENGELSE JINTH							Q-time: 00:25:71	
PB (50m pool): 25.71 Rotterdam 18 apr 2026							PB (25m pool): 25.04 SB:	
	5 0 M							
PB	25.71							
	25.71							
								

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN							Heat:8, starttime: 10:59	
Heat: 8/9 Lane : 6 Athlete: ROLMAN ANGELINA							Q-time: 00:26:54	
PB (50m pool): 26.31 Amsterdam 13 mei 2023							PB (25m pool): 25.40 SB:	
	5 0 M							
PB	26.31							
	26.31							
								

Coach feedback: