

OBC 25M 2025: Session: 1: COACH evaluation sheet for TEAM: AQUABLA

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: De Smet Grégory HEADCOACH

Coaches: Massart Sébastien

PB => Personal Best time

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

Event number: 7: 100M MEDLEY WOMEN

Heat:5, starttime: 10:20

Heat: 5/6 Lane : 1 Athlete: LHOIR ELOÏSE

Q-time: 01:07:17

PB (25m pool): 1:07.17 Braine l'Alleud 20 Apr 2025

PB (50m pool): No time SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.07		1:07.17	
		31.07		36.10	
					

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN

Heat:1, starttime: 10:35

Heat: 1/3 Lane : 3 Athlete: LHOIR ELOÏSE

Q-time: 02:27:19

PB (25m pool): 2:27.19 Gent 11 Nov 2024

PB (50m pool): 2:27.37 SB:

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		32.20		1:09.12		1:47.28		2:27.19
		32.20		36.92		38.16		39.91
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN

Heat:1, starttime: 10:35

Heat: 1/3 Lane : 5 Athlete: DECRAENE SATHEEN

Q-time: 02:24:56

PB (25m pool): 2:30.45 Grenoble (FRA) 11 Oct 2025

PB (50m pool): 2:24.56 SB:

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		34.05		1:12.65		1:51.88		2:30.45
		34.05		38.60		39.23		38.57
								

Coach feedback: