

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

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

Coaches: Hoffmann Serge HEADCOACH

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

Event number: 1: 400M FREESTYLE WOMEN							Heat:3, starttime: 09:10	
Heat: 3/3 Lane : 2 Athlete: METZEMAKERS LéA							Q-time: 04:24:75	
PB (25m pool): 4:23.37 Sint Amandsberg 12 Nov 2023				PB (50m pool): 4:29.76 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		29.69		1:02.61		1:35.99		2:09.52
	29.69		32.92		33.38		33.53	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:42.86		3:16.77		3:50.59		4:23.37
	33.34		33.91		33.82		32.78	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN							Heat:3, starttime: 09:10	
Heat: 3/3 Lane : 3 Athlete: RAVELINGIEN LANA							Q-time: 04:20:70	
PB (25m pool): 4:16.54 Sportoase 23 Dec 2023				PB (50m pool): 4:21.50 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		29.07		1:01.52		1:34.37		2:07.55
	29.07		32.45		32.85		33.18	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:40.05		3:12.36		3:44.93		4:16.54
	32.50		32.31		32.57		31.61	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN							Heat:2, starttime: 09:20	
Heat: 2/3 Lane : 3 Athlete: LAVDANITI ZHULIAN XHOI							Q-time: 04:29:37	
PB (25m pool): 4:29.37 Copenhagen (DEN 13 Dec 2024				PB (50m pool): 4:47.62 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		28.52		1:01.11		1:35.57		2:10.23
	28.52		32.59		34.46		34.66	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:48.28		3:27.46		3:59.67		4:29.37
	38.05		39.18		32.21		29.70	
								

Coach feedback:

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Event number: 2: 400M MEDLEY MEN							Heat:3, starttime: 09:25	
Heat: 3/3 Lane : 8 Athlete: METZEMAKERS NOA							Q-time: 04:42:20	
PB (25m pool): 4:42.94 Gent 9 Nov 2024				PB (50m pool): 4:42.20 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		29.59		1:05.78		1:44.65		2:21.40
	29.59		36.19		38.87		36.75	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:59.77		3:38.83		4:12.21		4:42.94
	38.37		39.6		33.38		30.73	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:2, starttime: 09:35	
Heat: 2/6 Lane : 2 Athlete: TEMMERMAN ELYNNE										Q-time: 00:31:71	
PB (25m pool): 31.71 Geel 15 Feb 2025										PB (50m pool): 33.14 SB:	
	2 5 M		5 0 M								
PB			31.71								
	31.71										
											

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:2, starttime: 09:35	
Heat: 2/6 Lane : 4 Athlete: VAN LAARHOVEN ALESSIA										Q-time: 00:31:64	
PB (25m pool): 31.64 Mol 20 Oct 2024										PB (50m pool): 31.79 SB:	
	2 5 M		5 0 M								
PB			31.64								
	31.64										
											

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN			Heat:3, starttime: 09:35
Heat: 3/6 Lane : 5 Athlete: KELDERMAN FRAN			Q-time: 00:31:37
PB (25m pool): 30.62 Sint-Amandsberg 19 Oct 2025			PB (50m pool): 31.82 SB:
	2 5 M	5 0 M	
PB		30.62	
	30.62		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:4, starttime: 09:35
Heat: 4/6 Lane : 7 Athlete: VAN DEN WYNGAERT ELIZABETH			Q-time: 00:30:50
PB (25m pool): 30.29 Sint-Amandsberg 19 Oct 2025			PB (50m pool): 31.16 SB:
	2 5 M	5 0 M	
PB		30.29	
	30.29		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:5, starttime: 09:35
Heat: 5/6 Lane : 4 Athlete: BROECKAERT NOOR			Q-time: 00:28:15
PB (25m pool): 28.15 Gent 9 Nov 2024			PB (50m pool): 29.52 SB:
	2 5 M	5 0 M	
PB		28.15	
	28.15		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:6, starttime: 09:35
Heat: 6/6 Lane : 7 Athlete: HEIJL OLIVIA			Q-time: 00:30:35
PB (25m pool): 30.35 Antwerpen 12 Oct 2025			PB (50m pool): 30.63 SB:
	2 5 M	5 0 M	
PB		30.35	
	30.35		
			

Coach feedback:

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

Event number: 3: 50M BACKSTROKE WOMEN			Heat:6, starttime: 09:35
Heat: 6/6 Lane : 7 Athlete: HEIJL OLIVIA			Q-time: 00:30:35
PB (25m pool): 30.35 Gent 9 Nov 2024			PB (50m pool): 30.63 SB:
	2 5 M	5 0 M	
PB		30.35	
	30.35		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:2, starttime: 09:40
Heat: 2/8 Lane : 8 Athlete: KINDT LEVI			Q-time: 00:24:91
PB (25m pool): 24.40 Sint Amandsberg 12 Nov 2023			PB (50m pool): 24.60 SB:
	2 5 M	5 0 M	
PB		24.40	
	24.40		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:3, starttime: 09:40
Heat: 3/8 Lane : 8 Athlete: HEYRMAN TIGO			Q-time: 00:24:57
PB (25m pool): 23.95 Mol 14 Oct 2023			PB (50m pool): 24.57 SB:
	2 5 M	5 0 M	
PB		23.95	
	23.95		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:5, starttime: 09:40
Heat: 5/8 Lane : 2 Athlete: BRACKE ERNO			Q-time: 00:23:89
PB (25m pool): 23.72 Amsterdam (NED) 1 Jul 2023			PB (50m pool): 24.30 SB:
	2 5 M	5 0 M	
PB		23.72	
	23.72		
			

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN			Heat:5, starttime: 09:40
Heat: 5/8 Lane : 3 Athlete: VANHAMEL YONAS			Q-time: 00:23:81
PB (25m pool): 23.81 Mol 20 Oct 2024			PB (50m pool): 24.13 SB:
	2 5 M	5 0 M	
PB		23.81	
	23.81		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:5, starttime: 09:40
Heat: 5/8 Lane : 8 Athlete: VERVLOET RUWEN			Q-time: 00:24:03
PB (25m pool): 23.87 Sint Amandsberg 12 Nov 2023			PB (50m pool): 24.05 SB:
	2 5 M	5 0 M	
PB		23.87	
	23.87		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:5, starttime: 09:40
Heat: 5/8 Lane : 8 Athlete: VERVLOET RUWEN			Q-time: 00:24:03
PB (25m pool): 23.87 Leuven 13 Nov 2022			PB (50m pool): 24.05 SB:
	2 5 M	5 0 M	
PB		23.87	
	23.87		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:7, starttime: 09:45
Heat: 7/8 Lane : 1 Athlete: JANSSENS RENZO			Q-time: 00:23:52
PB (25m pool): 23.45 Leuven 13 Nov 2022			PB (50m pool): 24.01 SB:
	2 5 M	5 0 M	
PB		23.45	
	23.45		
			

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN										Heat:7, starttime: 09:45	
Heat: 7/8 Lane : 3 Athlete: LAMMENS SEPPE										Q-time: 00:22:88	
PB (25m pool): 22.51 Rotterdam (NED) 25 Oct 2025										PB (50m pool): 23.42 SB:	
	2 5 M		5 0 M								
PB			22.51								
	22.51										
											

Coach feedback:

Event number: 4: 50M FREESTYLE MEN										Heat:8, starttime: 09:45	
Heat: 8/8 Lane : 5 Athlete: VAN HOOYDONCK VINCENT										Q-time: 00:22:48	
PB (25m pool): 22.48 Gent 9 Nov 2024										PB (50m pool): 22.50 SB:	
	2 5 M		5 0 M								
PB			22.48								
	22.48										
											

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN						Heat:2, starttime: 09:50		
Heat: 2/4 Lane : 3 Athlete: DHOOGHE KATIA						Q-time: 02:37:79		
PB (25m pool): 2:37.79 Gent 9 Nov 2024			PB (50m pool): 2:44.55 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		34.88		1:14.42		1:55.62		2:37.79
	34.88		39.54		41.20		42.17	
								

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN						Heat:2, starttime: 10:00	
Heat: 2/7 Lane : 4 Athlete: DE BODT DAAN					Q-time: 01:08:30		
PB (25m pool): 1:08.30 Geel 16 Feb 2025			PB (50m pool): 1:09.37 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		31.99		1:08.30			
	31.99		36.31				
							

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:3, starttime: 10:05
Heat: 3/7 Lane : 4 Athlete: VERVLOET RUWEN					Q-time: 01:07:49
PB (25m pool): 1:06.90 Nijlen 19 Nov 2023			PB (50m pool): 1:10.91 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.86		1:06.90	
	30.86		36.04		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:4, starttime: 10:05
Heat: 4/7 Lane : 6 Athlete: DESPALLIER DAAN					Q-time: 01:06:71
PB (25m pool): 1:06.76 Antwerpen 12 Oct 2025			PB (50m pool): 1:06.71 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.75		1:06.76	
	31.75		35.01		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:6, starttime: 10:10
Heat: 6/7 Lane : 1 Athlete: MENNEN RUBEN					Q-time: 01:05:56
PB (25m pool): 1:07.83 Mol 20 Oct 2024			PB (50m pool): 1:05.56 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.01		1:07.83	
	31.01		36.82		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:6, starttime: 10:10
Heat: 6/7 Lane : 2 Athlete: JANSSENS RENZO					Q-time: 01:04:45
PB (25m pool): 1:04.45 Gent 9 Nov 2024			PB (50m pool): 1:08.05 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.83		1:04.45	
	29.83		34.62		
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:7, starttime: 10:10
Heat: 7/7 Lane : 8 Athlete: METZEMAKERS NOA					Q-time: 01:06:00
PB (25m pool): 1:06.00 Geel 16 Feb 2025					PB (50m pool): 1:06.85 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.00		1:06.00	
	31.00		35.00		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:3, starttime: 10:15
Heat: 3/6 Lane : 2 Athlete: FATIH AYA					Q-time: 01:08:36
PB (25m pool): 1:08.36 Temse 22 Dec 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.55		1:08.36	
	32.55		35.81		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:3, starttime: 10:15
Heat: 3/6 Lane : 7 Athlete: TEMMERMAN ELYNNE					Q-time: 01:08:37
PB (25m pool): 1:08.37 Herentals 17 May 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.29		1:08.37	
	31.29		37.08		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:6, starttime: 10:20
Heat: 6/6 Lane : 3 Athlete: MAEREVOET MARIE					Q-time: 01:04:98
PB (25m pool): 1:04.98 Gent 11 Nov 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.53		1:04.98	
	30.53		34.45		
					

Coach feedback:

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

Event number: 8: 200M BACKSTROKE MEN							Heat:2, starttime: 10:25	
Heat: 2/4 Lane : 4 Athlete: LAVDANITI ZHULIAN XHOI							Q-time: 02:01:05	
PB (25m pool): 2:01.05 Copenhagen (DEN 12 Dec 2024							PB (50m pool): 2:06.23 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		28.52		58.96		1:29.99		2:01.05
	28.52		30.44		31.03		31.06	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:4, starttime: 10:30	
Heat: 4/4 Lane : 2 Athlete: VOLDERS ARNE							Q-time: 02:09:96	
PB (25m pool): 2:09.96 Antwerpen 12 Oct 2025							PB (50m pool): 2:10.01 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		29.75		1:02.89		1:36.89		2:09.96
	29.75		33.14		34.00		33.07	
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:1, starttime: 10:45	
Heat: 1/6 Lane : 4 Athlete: BRACKE ERNO							Q-time: 00:59:89	
PB (25m pool): 59.89 Antwerpen 11 Oct 2025							PB (50m pool): 1:02.98 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		27.91		59.89				
	27.91		31.98					
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:4, starttime: 10:50	
Heat: 4/6 Lane : 1 Athlete: VANHAMEL YONAS							Q-time: 00:57:77	
PB (25m pool): 57.77 Herentals 18 May 2024							PB (50m pool): 58.24 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		26.99		57.77				
	26.99		30.78					
								

Coach feedback:

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

Event number: 10: 100M BUTTERFLY MEN					Heat:4, starttime: 10:50
Heat: 4/6 Lane : 2 Athlete: KINDT LEVI					Q-time: 00:56:54
PB (25m pool): 56.54 Gent 9 Nov 2024					PB (50m pool): 57.85 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.97		56.54	
	25.97		30.57		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN					Heat:4, starttime: 10:50
Heat: 4/6 Lane : 6 Athlete: VAN HOOYDONCK VINCENT					Q-time: 00:55:69
PB (25m pool): 55.11 Antwerpen 11 Oct 2025					PB (50m pool): 54.45 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.54		55.11	
	25.54		29.57		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN					Heat:6, starttime: 10:50
Heat: 6/6 Lane : 1 Athlete: LAMMENS SEPPE					Q-time: 00:56:98
PB (25m pool): 57.47 Aachen (GER) 12 Oct 2025					PB (50m pool): 56.98 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.19		57.47	
	26.19		31.28		
					

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN					Heat:3, starttime: 10:55
Heat: 3/7 Lane : 2 Athlete: BROECKAERT NOA					Q-time: 00:27:53
PB (25m pool): 27.53 Antwerpen 11 Oct 2025					PB (50m pool): 28.25 SB:
	2 5 M	5 0 M			
PB		27.53			
	27.53				
					

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN			Heat:3, starttime: 10:55
Heat: 3/7 Lane : 4 Athlete: BROECKAERT NOOR			Q-time: 00:27:49
PB (25m pool): 27.03 Antwerpen 11 Oct 2025			PB (50m pool): 26.96 SB:
	2 5 M	5 0 M	
PB		27.03	
	27.03		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN			Heat:4, starttime: 10:55
Heat: 4/7 Lane : 2 Athlete: STREEP FLO			Q-time: 00:27:28
PB (25m pool): 27.28 Gent 23 Feb 2025			PB (50m pool): 27.85 SB:
	2 5 M	5 0 M	
PB		27.28	
	27.28		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN			Heat:5, starttime: 10:55
Heat: 5/7 Lane : 3 Athlete: METZEMAKERS LéA			Q-time: 00:26:48
PB (25m pool): 26.48 Gent 11 Nov 2024			PB (50m pool): 26.76 SB:
	2 5 M	5 0 M	
PB		26.48	
	26.48		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN			Heat:6, starttime: 10:55
Heat: 6/7 Lane : 6 Athlete: VAN DEN WYNGAERT ELIZABETH			Q-time: 00:26:55
PB (25m pool): 26.32 Sint-Amandsberg 19 Oct 2025			PB (50m pool): 27.06 SB:
	2 5 M	5 0 M	
PB		26.32	
	26.32		
			

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN							Heat:7, starttime: 11:00	
Heat: 7/7 Lane : 6 Athlete: RAVELINGIEN LANA							Q-time: 00:26:49	
PB (25m pool): 25.97 Sint Amandsberg 11 Nov 2023							PB (50m pool): 26.34 SB:	
	2 5 M		5 0 M					
PB			25.97					
	25.97							
								

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN										Heat:7, starttime: 11:00	
Heat: 7/7 Lane : 7 Athlete: MAEREVOET MARIE										Q-time: 00:26:80	
PB (25m pool): 26.55 Sint Amandsberg 11 Nov 2023										PB (50m pool): 27.16 SB:	
	2 5 M		5 0 M								
PB			26.55								
	26.55										
											

Coach feedback:

Event number: 13: 4x50M MEDLEY MIXED							Heat:2, starttime: 11:00	
Heat: 2/2 Lane : 6 Athlete: TEAM BRABO 1							Q-time: 01:49:69	
PB (25m pool):			PB (50m pool): No time 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								
								

Coach feedback: