

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

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

Coaches: Maene Stefaan HEADCOACH

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

Event number: 2: 400M MEDLEY MEN							Heat:1, starttime: 09:15	
Heat: 1/3 Lane : 7 Athlete: DEVRIESE JONATHAN							Q-time: 04:49:34	
PB (25m pool): 4:49.34 Diksmuide 11 Oct 2025				PB (50m pool): 5:07.89 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		29.75		1:05.22		1:43.76		2:21.01
	29.75		35.47		38.54		37.25	
								
	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		3:03.04		3:45.33		4:18.37		4:49.34
	42.03		42.29		33.04		30.97	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN							Heat:3, starttime: 09:35	
Heat: 3/6 Lane : 3 Athlete: VANDERSCHRICK LAURA							Q-time: 00:31:41	
PB (25m pool): 30.15 Differdange (LU 5 Dec 2021							PB (50m pool): 31.32 SB:	
	2 5 M		5 0 M					
PB			30.15					
	30.15							
								

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN										Heat:7, starttime: 11:00	
Heat: 7/7 Lane : 8 Athlete: HOSTE CELESTE										Q-time: 00:26:93	
PB (25m pool): 26.93 Gent 11 Nov 2024										PB (50m pool): 27.22 SB:	
	2 5 M		5 0 M								
PB			26.93								
	26.93										
											

Coach feedback: