

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

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

Coaches: Smet Kathleen 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 : 4 Athlete: BAELEN TOBE							Q-time: 04:43:69	
PB (25m pool): 4:43.69 Hasselt 11 Oct 2025				PB (50m pool): 4:58.69 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		30.48		1:05.97		1:42.52		2:17.38
	30.48		35.49		36.55		34.86	
								
	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		2:57.08		3:38.82		4:12.14		4:43.69
	39.70		41.74		33.32		31.55	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN							Heat:1, starttime: 09:15	
Heat: 1/3 Lane : 8 Athlete: JORISSEN RUBE							Q-time: 04:49:94	
PB (25m pool): 4:49.94 Hasselt 19 Oct 2024				PB (50m pool): 5:00.61 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		31.80		1:08.01		1:46.70		2:25.10
	31.80		36.21		38.69		38.40	
								
	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		3:04.97		3:44.67		4:17.84		4:49.94
	39.87		39.70		33.17		32.10	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:4, starttime: 09:35	
Heat: 4/6 Lane : 1 Athlete: FREDERIX MAYA										Q-time: 00:30:65	
PB (25m pool): 30.65 Hasselt 4 May 2025										PB (50m pool): 31.47 SB:	
	2 5 M		5 0 M								
PB			30.65								
			30.65								
											

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN							Heat:5, starttime: 09:35	
Heat: 5/6 Lane : 7 Athlete: VANDEVENNE LIAH							Q-time: 00:30:38	
PB (25m pool): 30.38 Hasselt 12 Oct 2025							PB (50m pool): 32.14 SB:	
	2 5 M		5 0 M					
PB			30.38					
	30.38							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:2, starttime: 09:50	
Heat: 2/4 Lane : 6 Athlete: VERTESSSEN FRAN							Q-time: 02:39:28	
PB (25m pool): 2:39.28 Gent (BEL) 9 Nov 2024							PB (50m pool): 2:44.46 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		35.34		1:15.92		1:57.58		2:39.28
	35.34		40.58		41.66		41.70	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:4, starttime: 09:55	
Heat: 4/4 Lane : 5 Athlete: VERSTREPEN SIEL							Q-time: 02:33:08	
PB (25m pool): 2:32.88 Hasselt 30 Apr 2023							PB (50m pool): 2:37.01 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		33.37		1:11.92		1:52.14		2:32.88
	33.37		38.55		40.22		40.74	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:4, starttime: 09:55	
Heat: 4/4 Lane : 7 Athlete: BROUWERS CHARLOTTE							Q-time: 02:41:89	
PB (25m pool): 2:41.94 Hasselt 12 Oct 2025							PB (50m pool): 2:41.89 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		36.15		1:16.77		1:59.40		2:41.94
	36.15		40.62		42.63		42.54	
								

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:3, starttime: 10:05
Heat: 3/7 Lane : 3 Athlete: JORISSEN RUBE					Q-time: 01:07:56
PB (25m pool): 1:07.56 Maastricht (NED 28 Dec 2024					PB (50m pool): 1:09.90 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.75		1:07.56	
	31.75		35.81		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:3, starttime: 10:15
Heat: 3/6 Lane : 8 Athlete: FREDERIX MAYA					Q-time: 01:08:57
PB (25m pool): 1:08.57 Bree 1 Jun 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:5, starttime: 10:20
Heat: 5/6 Lane : 3 Athlete: BROUWERS CHARLOTTE					Q-time: 01:05:22
PB (25m pool): 1:05.22 Bree 1 Jun 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:5, starttime: 10:20
Heat: 5/6 Lane : 6 Athlete: VERSTREPEN SIEL					Q-time: 01:06:19
PB (25m pool): 1:06.19 Bree 1 Jun 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

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

Event number: 7: 100M MEDLEY WOMEN					Heat:6, starttime: 10:20
Heat: 6/6 Lane : 6 Athlete: VANDEVENNE LIAH					Q-time: 01:05:65
PB (25m pool): 1:05.65 Bree 1 Jun 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN					Heat:3, starttime: 10:40			
Heat: 3/3 Lane : 5 Athlete: VERTESSSEN FRAN					Q-time: 02:23:51			
PB (25m pool): 2:23.51 Gent (BEL) 11 Nov 2024					PB (50m pool): 2:24.58 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		31.57		1:07.19		1:45.06		2:23.51
		31.57		35.62		37.87		38.45
								

Coach feedback: