

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

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

Coaches: Billet Francois

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 : 1 Athlete: REMMERIE JONAS							Q-time: 04:49:40	
PB (25m pool): 4:49.40 Mons 4 Oct 2025				PB (50m pool): 5:10.52 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		29.94		1:04.58		1:45.12		2:26.45
	29.94		34.64		40.54		41.33	
								
	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		3:04.32		3:43.98		4:17.91		4:49.40
	37.87		39.66		33.93		31.49	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN							Heat:1, starttime: 09:15	
Heat: 1/3 Lane : 2 Athlete: EMARA NAEL							Q-time: 04:47:41	
PB (25m pool): 4:44.34 Saint-Pol-Sur-Mer&nb 2 Nov 2025				PB (50m pool): 4:53.07 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		31.20		1:07.41		1:45.12		2:21.50
	31.20		36.21		37.71		36.38	
								
	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		2:59.96		3:38.20		4:12.07		4:44.34
	38.46		38.24		33.87		32.27	
								

Coach feedback:

Event number: 4: 50M FREESTYLE MEN							Heat:4, starttime: 09:40	
Heat: 4/8 Lane : 8 Athlete: VANDAMME HUGO							Q-time: 00:24:22	
PB (25m pool): 24.06 Kortrijk 24 Jul 2021							PB (50m pool): 24.77 SB:	
	2 5 M		5 0 M					
PB			24.06					
	24.06							
								

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:2, starttime: 10:00
Heat: 2/7 Lane : 2 Athlete: REMMERIE JONAS					Q-time: 01:08:98
PB (25m pool): 1:13.24 Soignies 17 Nov 2024					PB (50m pool): 1:10.94 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		34.68		1:13.24	
	34.68		38.56		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:2, starttime: 10:00
Heat: 2/7 Lane : 8 Athlete: EMARA NAEL					Q-time: 01:09:72
PB (25m pool): 1:08.59 Saint-Pol-Sur-Mer&nb 1 Nov 2025					PB (50m pool): 1:11.06 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.34		1:08.59	
	32.34		36.25		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN					Heat:5, starttime: 10:50
Heat: 5/6 Lane : 6 Athlete: VANDAMME HUGO					Q-time: 00:55:63
PB (25m pool): 55.23 Saint-Pol-Sur-Mer&nb 1 Nov 2025					PB (50m pool): 55.39 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.34		55.23	
	25.34		29.89		
					

Coach feedback: