

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Ardu Daniel

Coaches: Hofmans Francoise 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 : 3 Athlete: ZEIMES ELRIC Q-time: 04:43:92

PB (25m pool): 4:43.92 Gent 9 Nov 2024 PB (50m pool): 4:55.13 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		29.60		1:03.93		1:40.45		2:17.22
		29.60		34.33		36.52		36.77
								
	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		2:57.13		3:38.93		4:12.63		4:43.92
		39.91		41.80		33.70		31.29
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN Heat:3, starttime: 09:25

Heat: 3/3 Lane : 6 Athlete: BENNANI WALID Q-time: 04:32:27

PB (25m pool): 4:32.27 Gent 9 Nov 2024 PB (50m pool): 4:40.92 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		28.16		1:01.08		1:36.47		2:11.13
		28.16		32.92		35.39		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		2:50.43		3:29.35		4:01.98		4:32.27
		39.30		38.92		32.63		30.29
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN Heat:1, starttime: 09:30

Heat: 1/6 Lane : 3 Athlete: SAFFAR SOFIA Q-time: 00:32:24

PB (25m pool): 32.24 Nijlen 17 Nov 2024 PB (50m pool): 33.01 SB:

	2 5 M	5 0 M
PB		32.24
		32.24
		

Coach feedback:

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

Event number: 3: 50M BACKSTROKE WOMEN				Heat:4, starttime: 09:35
Heat: 4/6 Lane : 5 Athlete: LABASSE CLEMENCE				Q-time: 00:29:69
PB (25m pool): 29.69 Gent 9 Nov 2024				PB (50m pool): 30.62 SB:
	2 5 M	5 0 M		
PB		29.69		
	29.69			
				

Coach feedback:

Event number: 4: 50M FREESTYLE MEN				Heat:2, starttime: 09:40
Heat: 2/8 Lane : 6 Athlete: LUKIANOFF ALDAR				Q-time: 00:24:78
PB (25m pool): 24.78 Nijlen 17 Nov 2024				PB (50m pool): 25.17 SB:
	2 5 M	5 0 M		
PB		24.78		
	24.78			
				

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:5, starttime: 10:05
Heat: 5/7 Lane : 1 Athlete: CHAREF BILLAL					Q-time: 01:05:64
PB (25m pool): 1:05.64 Geel 11 Feb 2024					PB (50m pool): 1:06.91 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.64		1:05.64	
	30.64		35.00		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:6, starttime: 10:20
Heat: 6/6 Lane : 7 Athlete: LABASSE CLEMENCE					Q-time: 01:06:82
PB (25m pool): 1:06.82 Gent 11 Nov 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.87		1:06.82	
	29.87		36.95		
					

Coach feedback:

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

Event number: 8: 200M BACKSTROKE MEN							Heat:1, starttime: 10:20	
Heat: 1/4 Lane : 4 Athlete: ZEIMES ELRIC							Q-time: 02:14:93	
PB (25m pool): Embourg 24 Jul 2024				PB (50m pool): 2:18.02 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:

Event number: 8: 200M BACKSTROKE MEN							Heat:3, starttime: 10:25	
Heat: 3/4 Lane : 3 Athlete: BENNANI WALID							Q-time: 02:03:58	
PB (25m pool): 2:03.58 Gent 11 Nov 2024				PB (50m pool): 2:07.77 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		28.68		59.97		1:31.73		2:03.58
	28.68		31.29		31.76		31.85	
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:3, starttime: 10:45	
Heat: 3/6 Lane : 8 Athlete: LUKIANOFF ALDAR							Q-time: 00:58:75	
PB (25m pool): 58.75 Sint-Pieters-Leeuw 5 Oct 2025				PB (50m pool): 58.90 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		26.77		58.75				
	26.77		31.98					
								

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN										Heat:4, starttime: 10:55	
Heat: 4/7 Lane : 8 Athlete: LABASSE CLEMENCE										Q-time: 00:27:44	
PB (25m pool): 27.44 Liege 21 Jul 2025										PB (50m pool): 27.96 SB:	
	2 5 M		5 0 M								
PB			27.44								
			27.44								
											

Coach feedback: