

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Cannaerts Jens

PB => Personal Best time

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

Event number: 4: 50M FREESTYLE MEN

Heat:7, starttime: 09:45

Heat: 7/8 Lane : 7 Athlete: BERGES JENS

Q-time: 00:23:47

PB (25m pool): 23.29 Leuven 13 Nov 2022

PB (50m pool): 23.62 SB:

	2 5 M	5 0 M	
PB		23.29	
		23.29	
			

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN

Heat:2, starttime: 10:15

Heat: 2/6 Lane : 7 Athlete: STRUYF LIESELOT

Q-time: 01:09:25

PB (25m pool): 1:09.25 Herentals 18 May 2024

PB (50m pool): No time SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.09		1:09.25	
		33.09		36.16	
					

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN

Heat:2, starttime: 10:35

Heat: 2/3 Lane : 6 Athlete: ROMBOUT LISA

Q-time: 02:27:90

PB (25m pool): 2:24.31 Groenenhoek 28 Oct 2018

PB (50m pool): 2:24.55 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		32.32		1:09.95				2:24.31
		32.32		37.63				1:14.36
								

Coach feedback:

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Event number: 10: 100M BUTTERFLY MEN					Heat:4, starttime: 10:50
Heat: 4/6 Lane : 7 Athlete: LEIRS BAVO					Q-time: 00:56:92
PB (25m pool): 56.53 Sint Amandsberg 12 Nov 2023					PB (50m pool): 57.29 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.52		56.53	
	26.52		30.1		
					

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN					Heat:1, starttime: 10:55
Heat: 1/7 Lane : 5 Athlete: STRUYF LIESELOT					Q-time: 00:28:19
PB (25m pool): 28.19 Herentals 17 May 2025					PB (50m pool): 28.94 SB:
	2 5 M	5 0 M			
PB		28.19			
	28.19				
					

Coach feedback: