

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 2: 400M MEDLEY MEN							Heat:2, starttime: 09:20	
Heat: 2/3 Lane : 1 Athlete: VAN DEN HOORN JELLE							Q-time: 04:41:92	
PB (25m pool): 4:41.92 Hasselt 11 Oct 2025				PB (50m pool): 4:46.30 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		29.12		1:03.32		1:41.25		2:18.12
	29.12		34.20		37.93		36.87	
								
	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		2:57.37		3:38.21		4:11.51		4:41.92
	39.25		40.84		33.30		30.41	
								

Coach feedback:

Event number: 4: 50M FREESTYLE MEN							Heat:3, starttime: 09:40	
Heat: 3/8 Lane : 6 Athlete: VANGROOTLOON JEF							Q-time: 00:24:30	
PB (25m pool): 24.30 Tilburg (NED) 26 Oct 2025				PB (50m pool): 24.57 SB:				
	2 5 M		5 0 M					
PB			24.30					
	24.30							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:2, starttime: 09:50	
Heat: 2/4 Lane : 5 Athlete: EVENS NOOR							Q-time: 02:36:05	
PB (25m pool): 2:35.66 Sint Amandsberg 12 Nov 2023				PB (50m pool): 2:40.56 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		34.60		1:13.77		1:54.35		2:35.66
	34.60		39.17		40.58		41.31	
								

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:4, starttime: 10:05
Heat: 4/7 Lane : 4 Athlete: VAN DEN HOORN JELLE					Q-time: 01:06:63
PB (25m pool): 1:06.63 Hasselt 3 May 2025					PB (50m pool): 1:10.03 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.37		1:06.63	
	31.37		35.26		
					

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN							Heat:3, starttime: 10:40	
Heat: 3/3 Lane : 6 Athlete: EVENS NOOR							Q-time: 02:27:35	
PB (25m pool): 2:27.35 Hasselt 19 Oct 2024				PB (50m pool): 2:28.57 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		32.20		1:10.08		1:49.60		2:27.35
	32.20		37.88		39.52		37.75	
								

Coach feedback: