

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

PB => Personal Best time

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

| Event number: 3: 50M BACKSTROKE WOMEN            |           |           | Heat:3, starttime: 09:35 |
|--------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/6 Lane : 7 Athlete: DECOUTERE IMANI      |           |           | Q-time: 00:31:50         |
| PB (25m pool): 31.70 Sint-Amandsberg 18 Oct 2025 |           |           | PB (50m pool): 31.50 SB: |
|                                                  | 2 5 M     | 5 0 M     |                          |
| PB                                               |           | 31.70     |                          |
|                                                  |           | 31.70     |                          |
|                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 3: 50M BACKSTROKE WOMEN           |           |           | Heat:4, starttime: 09:35 |
|-------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/6 Lane : 8 Athlete: CHRISTIAENS ANNABEL |           |           | Q-time: 00:31:19         |
| PB (25m pool): 31.19 Brugge 20 Oct 2024         |           |           | PB (50m pool): 32.36 SB: |
|                                                 | 2 5 M     | 5 0 M     |                          |
| PB                                              |           | 31.19     |                          |
|                                                 |           | 31.19     |                          |
|                                                 | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN               |           |           | Heat:2, starttime: 09:40 |
|--------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 2/8 Lane : 1 Athlete: DECUPERE CEDRIC      |           |           | Q-time: 00:24:88         |
| PB (25m pool): 24.88 Ettelbruck (LUX 19 Apr 2025 |           |           | PB (50m pool): 25.74 SB: |
|                                                  | 2 5 M     | 5 0 M     |                          |
| PB                                               |           | 24.88     |                          |
|                                                  |           | 24.88     |                          |
|                                                  | . . . . . | . . . . . |                          |

Coach feedback:

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| Event number: 4: 50M FREESTYLE MEN                |           |  |           |  |                  | Heat:2, starttime: 09:40    |  |
|---------------------------------------------------|-----------|--|-----------|--|------------------|-----------------------------|--|
| Heat: 2/8    Lane : 1    Athlete: DECUPERE CEDRIC |           |  |           |  | Q-time: 00:24:88 |                             |  |
| PB (25m pool): 24.88    Gent 9 Nov 2024           |           |  |           |  |                  | PB (50m pool): 25.74    SB: |  |
|                                                   | 2 5 M     |  | 5 0 M     |  |                  |                             |  |
| PB                                                |           |  | 24.88     |  |                  |                             |  |
|                                                   | 24.88     |  |           |  |                  |                             |  |
|                                                   | . . . . . |  | . . . . . |  |                  |                             |  |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN                  |           |  |           |  |  |  | Heat:2, starttime: 09:40    |  |
|-----------------------------------------------------|-----------|--|-----------|--|--|--|-----------------------------|--|
| Heat: 2/8    Lane : 3    Athlete: CHRISTIAENS STIJN |           |  |           |  |  |  | Q-time: 00:24:78            |  |
| PB (25m pool): 24.78    Leuven 23 Nov 2024          |           |  |           |  |  |  | PB (50m pool): 25.59    SB: |  |
|                                                     | 2 5 M     |  | 5 0 M     |  |  |  |                             |  |
| PB                                                  |           |  | 24.78     |  |  |  |                             |  |
|                                                     | 24.78     |  |           |  |  |  |                             |  |
|                                                     | . . . . . |  | . . . . . |  |  |  |                             |  |

Coach feedback:

| Event number: 6: 100M BREASTSTROKE MEN        |           |           |           |           | Heat:3, starttime: 10:05   |  |
|-----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|--|
| Heat: 3/7 Lane : 2 Athlete: CHRISTIAENS STIJN |           |           |           |           | Q-time: 01:07:64           |  |
| PB (25m pool): 1:07.29 Leuven 13 Nov 2022     |           |           |           |           | PB (50m pool): 1:10.29 SB: |  |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |  |
| PB                                            |           | 31.34     |           | 1:07.29   |                            |  |
|                                               | 31.34     |           | 35.95     |           |                            |  |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                            |  |

Coach feedback:

| Event number: 6: 100M BREASTSTROKE MEN       |           |           |           |           | Heat:4, starttime: 10:05   |  |
|----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|--|
| Heat: 4/7 Lane : 5 Athlete: VERSCHUERE LUCAS |           |           |           |           | Q-time: 01:06:68           |  |
| PB (25m pool): 1:06.68 Gent 9 Nov 2024       |           |           |           |           | PB (50m pool): 1:09.87 SB: |  |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |  |
| PB                                           |           | 30.94     |           | 1:06.68   |                            |  |
|                                              | 30.94     |           | 35.74     |           |                            |  |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                            |  |

Coach feedback:

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| Event number: 6: 100M BREASTSTROKE MEN             |           |           |           |           | Heat:4, starttime: 10:05   |
|----------------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 4/7 Lane : 7 Athlete: DECUPERE CEDRIC        |           |           |           |           | Q-time: 01:06:85           |
| PB (25m pool): 1:06.85 Ettelbruck (LUX 19 Apr 2025 |           |           |           |           | PB (50m pool): 1:11.27 SB: |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                                 |           | 31.25     |           | 1:06.85   |                            |
|                                                    | 31.25     |           | 35.60     |           |                            |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 6: 100M BREASTSTROKE MEN     |           |           |           |           | Heat:5, starttime: 10:05   |
|--------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 5/7 Lane : 8 Athlete: VERELZEN ROBBE |           |           |           |           | Q-time: 01:06:44           |
| PB (25m pool): 1:06.44 Brugge 20 Oct 2024  |           |           |           |           | PB (50m pool): 1:08.11 SB: |
|                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                         |           | 31.33     |           | 1:06.44   |                            |
|                                            | 31.33     |           | 35.11     |           |                            |
|                                            | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 7: 100M MEDLEY WOMEN                 |           |           |           |           | Heat:2, starttime: 10:15   |
|----------------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 2/6 Lane : 2 Athlete: CHRISTIAENS ANNABEL    |           |           |           |           | Q-time: 01:09:20           |
| PB (25m pool): 1:08.54 Sint Amandsberg 12 Nov 2023 |           |           |           |           | PB (50m pool): No time SB: |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                                 |           | 32.13     |           | 1:08.54   |                            |
|                                                    | 32.13     |           | 36.41     |           |                            |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 7: 100M MEDLEY WOMEN            |           |           |           |           | Heat:3, starttime: 10:15   |
|-----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 3/6 Lane : 6 Athlete: CHRISTIAENS JUTTA |           |           |           |           | Q-time: 01:08:36           |
| PB (25m pool): 1:08.36 Gent 11 Nov 2024       |           |           |           |           | PB (50m pool): No time SB: |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                            |           | 31.62     |           | 1:08.36   |                            |
|                                               | 31.62     |           | 36.74     |           |                            |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

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| Event number: 9: 200M BUTTERFLY WOMEN             |           |           |           |                               |           |           | Heat:2, starttime: 10:35 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/3    Lane : 5    Athlete: DECOUTERE IMANI |           |           |           |                               |           |           | Q-time: 02:23:65         |           |
| PB (25m pool): 2:23.65    Diksmuide 11 Oct 2025   |           |           |           | PB (50m pool): 2:25.08    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                                                |           | 32.73     |           | 1:09.70                       |           | 1:46.64   |                          | 2:23.65   |
|                                                   | 32.73     |           | 36.97     |                               | 36.94     |           | 37.01                    |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 100M BUTTERFLY MEN              |           |           |           |                             |  |  | Heat:2, starttime: 10:45 |  |
|---------------------------------------------------|-----------|-----------|-----------|-----------------------------|--|--|--------------------------|--|
| Heat: 2/6    Lane : 8    Athlete: DECUPERE CEDRIC |           |           |           |                             |  |  | Q-time: 00:59:84         |  |
| PB (25m pool): 59.98    Diksmuide 11 Oct 2025     |           |           |           | PB (50m pool): 59.84    SB: |  |  |                          |  |
|                                                   | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                     |  |  |                          |  |
| PB                                                |           | 27.40     |           | 59.98                       |  |  |                          |  |
|                                                   | 27.40     |           | 32.58     |                             |  |  |                          |  |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                   |  |  |                          |  |

Coach feedback:

| Event number: 11: 50M FREESTYLE WOMEN                 |           |  |           |  |  |  | Heat:1, starttime: 10:55    |  |
|-------------------------------------------------------|-----------|--|-----------|--|--|--|-----------------------------|--|
| Heat: 1/7    Lane : 4    Athlete: CHRISTIAENS ANNABEL |           |  |           |  |  |  | Q-time: 00:28:13            |  |
| PB (25m pool): 28.13    Ettelbruck (LUX 19 Apr 2025   |           |  |           |  |  |  | PB (50m pool): 28.62    SB: |  |
|                                                       | 2 5 M     |  | 5 0 M     |  |  |  |                             |  |
| PB                                                    |           |  | 28.13     |  |  |  |                             |  |
|                                                       | 28.13     |  |           |  |  |  |                             |  |
|                                                       | . . . . . |  | . . . . . |  |  |  |                             |  |

Coach feedback:

| Event number: 11: 50M FREESTYLE WOMEN               |           |  |           |  |  |  |  |  |  | Heat:4, starttime: 10:55    |  |
|-----------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-----------------------------|--|
| Heat: 4/7    Lane : 5    Athlete: CHRISTIAENS JUTTA |           |  |           |  |  |  |  |  |  | Q-time: 00:27:12            |  |
| PB (25m pool): 27.12    Gent 11 Nov 2024            |           |  |           |  |  |  |  |  |  | PB (50m pool): 27.45    SB: |  |
|                                                     | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                             |  |
| PB                                                  |           |  | 27.12     |  |  |  |  |  |  |                             |  |
|                                                     | 27.12     |  |           |  |  |  |  |  |  |                             |  |
|                                                     | . . . . . |  | . . . . . |  |  |  |  |  |  |                             |  |

Coach feedback:

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|                                              |           |           |                               |           |           |           |                          |           |
|----------------------------------------------|-----------|-----------|-------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 13: 4x50M MEDLEY MIXED         |           |           |                               |           |           |           | Heat:1, starttime: 11:00 |           |
| Heat: 1/2    Lane : 4    Athlete: TEAM KZK 1 |           |           |                               |           |           |           | Q-time: 01:56:51         |           |
| PB (25m pool):                               |           |           | PB (50m pool): No time    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: