

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

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

Coaches: Loones Matthias HEADCOACH

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

Event number: 1: 400M FREESTYLE WOMEN							Heat:1, starttime: 09:00	
Heat: 1/3 Lane : 4 Athlete: VINCK TINE							Q-time: 04:29:68	
PB (25m pool): 4:29.68 Gent 23 Feb 2025				PB (50m pool): 4:31.89 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		30.67		1:04.14		1:38.24		2:12.89
	30.67		33.47		34.10		34.65	
								
	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		2:47.36		3:21.94		3:56.17		4:29.68
	34.47		34.58		0:68.81		33.51	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:2, starttime: 09:35	
Heat: 2/6 Lane : 8 Athlete: VANGAMPELAERE LAURA										Q-time: 00:31:84	
PB (25m pool): 31.84 Gent 9 Nov 2024										PB (50m pool): 32.49 SB:	
	2 5 M		5 0 M								
PB			31.84								
			31.84								
											

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN							Heat:3, starttime: 09:35	
Heat: 3/6 Lane : 6 Athlete: HUENS NOOR							Q-time: 00:31:43	
PB (25m pool): 31.43 Gent 23 Feb 2025				PB (50m pool): 31.54 SB:				
	2 5 M		5 0 M					
PB			31.43					
	31.43							
								

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN			Heat:4, starttime: 09:35
Heat: 4/6 Lane : 6 Athlete: GOETHALS HILKJE			Q-time: 00:30:18
PB (25m pool): 28.79 Bonn (GER) 27 Nov 2015			PB (50m pool): 29.34 SB:
	2 5 M	5 0 M	
PB		28.79	
	28.79		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:5, starttime: 09:35
Heat: 5/6 Lane : 5 Athlete: MATTHEEUWS LIE			Q-time: 00:29:16
PB (25m pool): 29.16 Gent 9 Nov 2024			PB (50m pool): 30.13 SB:
	2 5 M	5 0 M	
PB		29.16	
	29.16		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:6, starttime: 09:35
Heat: 6/6 Lane : 5 Athlete: VANHEUVERBEKE MARTHE			Q-time: 00:29:13
PB (25m pool): 28.88 Val Parisi&nbs 23 Oct 2025			PB (50m pool): 29.68 SB:
	2 5 M	5 0 M	
PB		28.88	
	28.88		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:6, starttime: 09:35
Heat: 6/6 Lane : 6 Athlete: VAN BRABANDT JULIETTE			Q-time: 00:29:98
PB (25m pool): 29.98 Aachen (GER) 11 Oct 2025			PB (50m pool): 30.69 SB:
	2 5 M	5 0 M	
PB		29.98	
	29.98		
			

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN			Heat:1, starttime: 09:40
Heat: 1/8 Lane : 3 Athlete: DE JAEGER ANTON			Q-time: 00:26:35
PB (25m pool): 26.35 Gent 23 Feb 2025			PB (50m pool): 26.72 SB:
	2 5 M	5 0 M	
PB		26.35	
	26.35		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:5, starttime: 09:40
Heat: 5/8 Lane : 7 Athlete: VANGAMPELAERE MILAN			Q-time: 00:23:89
PB (25m pool): 23.89 Gent 9 Nov 2024			PB (50m pool): 24.72 SB:
	2 5 M	5 0 M	
PB		23.89	
	23.89		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:6, starttime: 09:45
Heat: 6/8 Lane : 2 Athlete: DEOLET TIMOTHY			Q-time: 00:23:42
PB (25m pool): 22.92 Geel 15 Feb 2015			PB (50m pool): 23.29 SB:
	2 5 M	5 0 M	
PB		22.92	
	22.92		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:8, starttime: 09:45
Heat: 8/8 Lane : 2 Athlete: BAEYE LEON			Q-time: 00:23:32
PB (25m pool): 22.90 Sint-Amandsberg 19 Oct 2025			PB (50m pool): 23.32 SB:
	2 5 M	5 0 M	
PB		22.90	
	22.90		
			

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN										Heat:8, starttime: 09:45	
Heat: 8/8 Lane : 8 Athlete: DE MUL TOM										Q-time: 00:23:54	
PB (25m pool): 23.54 Aachen (GER) 11 Oct 2025										PB (50m pool): 23.98 SB:	
	2 5 M		5 0 M								
PB			23.54								
	23.54										
											

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:1, starttime: 09:45	
Heat: 1/4 Lane : 5 Athlete: VAN NIEUWENHOVE LAURIEN							Q-time: 02:44:16	
PB (25m pool): 2:41.31 Eeklo 17 Jul 2021				PB (50m pool): 2:44.42 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		36.31		1:17.47				2:41.31
	36.31		41.16			1:23.84		
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:3, starttime: 09:55	
Heat: 3/4 Lane : 6 Athlete: GOBERT LIES							Q-time: 02:38:93	
PB (25m pool): 2:34.30 Aachen (GER) 11 Oct 2025				PB (50m pool): 2:36.18 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		34.11		1:13.42		1:53.00		2:34.30
	34.11		39.31		39.58		41.30	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:4, starttime: 09:55	
Heat: 4/4 Lane : 3 Athlete: RAEMDONCK BENTHE-MARIE							Q-time: 02:37:59	
PB (25m pool): 2:36.18 Temse 26 Nov 2023				PB (50m pool): 2:41.33 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		35.25		1:15.33		1:56.45		2:36.18
	35.25		40.08		41.12		39.73	
								

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:1, starttime: 10:00
Heat: 1/7 Lane : 5 Athlete: RYDANT HANNES					Q-time: 01:09:85
PB (25m pool): 1:04.70 Gent 9 Nov 2014					PB (50m pool): 1:08.54 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.35		1:04.70	
	30.35		34.35		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:4, starttime: 10:15
Heat: 4/6 Lane : 5 Athlete: GOBERT LIES					Q-time: 01:04:89
PB (25m pool): 1:04.87 Aachen (GER) 11 Oct 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:5, starttime: 10:20
Heat: 5/6 Lane : 8 Athlete: VAN GYSEL MAITE					Q-time: 01:07:32
PB (25m pool): 1:07.32 Gent 11 Nov 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.24		1:07.32	
	31.24		36.8		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:6, starttime: 10:20
Heat: 6/6 Lane : 1 Athlete: RAEMDONCK BENTHE-MARIE					Q-time: 01:07:11
PB (25m pool): 1:07.11 Eeklo 1 Apr 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN							Heat:1, starttime: 10:20	
Heat: 1/4 Lane : 7 Athlete: LAFAUT LEON							Q-time: 02:16:26	
PB (25m pool): 2:16.26 'T Rosco 12 Oct 2025				PB (50m pool): 2:20.96 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		31.81		1:05.58		1:40.54		2:16.26
	31.81		33.77		34.96		35.72	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:2, starttime: 10:25	
Heat: 2/4 Lane : 6 Athlete: BAEYE LEON							Q-time: 02:09:40	
PB (25m pool): 2:07.74 Sint-Amandsberg 19 Oct 2025				PB (50m pool): 2:11.57 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		30.20		1:02.20		1:34.80		2:07.74
	30.20		32.0		32.60		32.94	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:4, starttime: 10:30	
Heat: 4/4 Lane : 4 Athlete: VERRETH NOAH							Q-time: 01:58:54	
PB (25m pool): 1:58.37 Rotterdam (NED) 24 Oct 2025				PB (50m pool): 2:02.37 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		28.14		58.34		1:28.83		1:58.37
	28.14		30.20		30.49		29.54	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:4, starttime: 10:30	
Heat: 4/4 Lane : 8 Athlete: CLAEYS OSCAR							Q-time: 02:13:00	
PB (25m pool): 2:13.00 Eeklo 1 Apr 2024				PB (50m pool): 2:17.10 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		31.88		1:05.25				2:13.00
	31.88		33.37				1:07.75	
								

Coach feedback:

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Event number: 9: 200M BUTTERFLY WOMEN							Heat:2, starttime: 10:35	
Heat: 2/3 Lane : 7 Athlete: LOONES THULINE							Q-time: 02:34:68	
PB (25m pool): 2:34.71 Ronse 15 Oct 2023				PB (50m pool): 2:32.95 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		34.76		1:14.64		1:54.78		2:34.71
	34.76		39.88		40.14		39.93	
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN					Heat:1, starttime: 10:45
Heat: 1/6 Lane : 2 Athlete: DE JAEGER ANTON				Q-time: 01:02:83	
PB (25m pool): 1:02.83 Gent 23 Feb 2025			PB (50m pool): 1:03.38 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.62		1:02.83	
	29.62		33.21		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN										Heat:2, starttime: 10:45	
Heat: 2/6 Lane : 4 Athlete: LEROUX WOUT										Q-time: 00:58:80	
PB (25m pool): 58.80 Aachen (GER) 12 Oct 2025					PB (50m pool): 59.74 SB:						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			27.35				58.80				
	27.35				31.45						
											

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:4, starttime: 10:50	
Heat: 4/6 Lane : 8 Athlete: STRUYVELT ARNE							Q-time: 00:57:91	
PB (25m pool): 57.91 Gent 9 Nov 2024				PB (50m pool): 57.93 SB:				
PB	2 5 M	5 0 M	7 5 M	1 0 0 M				
		27.03		57.91				
	27.3		30.88					
								

Coach feedback:

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

Event number: 10: 100M BUTTERFLY MEN					Heat:5, starttime: 10:50
Heat: 5/6 Lane : 4 Athlete: VERRETH NOAH					Q-time: 00:52:91
PB (25m pool): 52.91 Gent 9 Nov 2024					PB (50m pool): 55.62 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		24.88		52.91	
	24.88		28.3		
					

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN					Heat:2, starttime: 10:55
Heat: 2/7 Lane : 6 Athlete: OLDE BIJVANK FEMKE					Q-time: 00:27:89
PB (25m pool): 27.89 Aachen (GER) 26 Oct 2024					PB (50m pool): 28.62 SB:
	2 5 M	5 0 M			
PB		27.89			
	27.89				
					

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN					Heat:4, starttime: 10:55
Heat: 4/7 Lane : 4 Athlete: VAN GYSEL MAITE					Q-time: 00:27:04
PB (25m pool): 27.04 Aachen (GER) 11 Oct 2025					PB (50m pool): 27.63 SB:
	2 5 M	5 0 M			
PB		27.04			
	27.04				
					

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN					Heat:6, starttime: 10:55
Heat: 6/7 Lane : 5 Athlete: VAN BRABANDT JULIETTE					Q-time: 00:26:09
PB (25m pool): 26.02 Sint-Amandsberg 19 Oct 2025					PB (50m pool): 26.85 SB:
	2 5 M	5 0 M			
PB		26.02			
	26.02				
					

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN							Heat:7, starttime: 11:00		
Heat: 7/7 Lane : 5 Athlete: MATTHEEUWS LIE							Q-time: 00:26:08		
PB (25m pool): 26.08 Gent 11 Nov 2024							PB (50m pool): 26.47 SB:		
	2 5 M		5 0 M						
PB			26.08						
	26.08								
									

Coach feedback:

Event number: 13: 4x50M MEDLEY MIXED							Heat:2, starttime: 11:00	
Heat: 2/2 Lane : 4 Athlete: TEAM MEGA 1							Q-time: 01:44:96	
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: