

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

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!
PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 400M FREESTYLE WOMEN							Heat:3, starttime: 09:10	
Heat: 3/3 Lane : 4 Athlete: DUMONT SARAH							Q-time: 04:05:32	
PB (25m pool): 4:05.32 Saint-Dizier (F 11 Oct 2025				PB (50m pool): 4:10.47 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		28.89		59.83		1:30.96		2:02.27
	28.89		30.94		31.13		31.31	
								
	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		2:33.18		3:04.33		3:35.27		4:05.32
	30.91		31.15		30.94		30.05	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:4, starttime: 09:55	
Heat: 4/4 Lane : 6 Athlete: FONTAINE HELOISE							Q-time: 02:38:04	
PB (25m pool): 2:38.04 Gent 9 Nov 2024				PB (50m pool): 2:42.41 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		36.76		1:16.84		1:57.00		2:38.04
	36.76		40.8		40.16		41.4	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN							Heat:3, starttime: 10:40	
Heat: 3/3 Lane : 4 Athlete: DUMONT SARAH							Q-time: 02:09:81	
PB (25m pool): 2:09.81 Sabadell (ESP) 20 Dec 2024				PB (50m pool): 2:09.64 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		29.36		1:02.00		1:35.67		2:09.81
	29.36		32.64		33.67		34.14	
								

Coach feedback: