

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

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: 2: 400M MEDLEY MEN							Heat:1, starttime: 09:15	
Heat: 1/3 Lane : 5 Athlete: GLODKIEWICZ ALEXANDRE							Q-time: 04:43:87	
PB (25m pool): 4:43.87 Embourg 18 May 2025				PB (50m pool): 4:50.70 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		29.75		1:02.71				
	29.75		32.96					
								
	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								4:43.87
							3:41.16	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN							Heat:3, starttime: 09:25	
Heat: 3/3 Lane : 7 Athlete: GARCIA ZAMORA ESTEBAN							Q-time: 04:40:08	
PB (25m pool): 4:40.08 Embourg 18 May 2025				PB (50m pool): 4:44.47 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		29.84		1:03.26				
	29.84		33.42					
								
	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								4:40.08
							3:36.82	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:3, starttime: 09:35	
Heat: 3/6 Lane : 1 Athlete: DEVILLé HÉLENE										Q-time: 00:31:54	
PB (25m pool): 30.93 Leuven 23 Nov 2024										PB (50m pool): 31.54 SB:	
	2 5 M		5 0 M								
PB			30.93								
	30.93										
											

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN				Heat:1, starttime: 09:40
Heat: 1/8 Lane : 5 Athlete: GARRAUX ALOÏS				Q-time: 00:24:93
PB (25m pool): 24.93 Leuven 23 Nov 2024				PB (50m pool): 25.96 SB:
PB	2 5 M	5 0 M		
		24.93		
	24.93			
				

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:3, starttime: 10:05
Heat: 3/7 Lane : 1 Athlete: GARCIA ZAMORA ESTEBAN					Q-time: 01:07:82
PB (25m pool): 1:07.82 Dudelange (LUX) 17 Nov 2024					PB (50m pool): 1:08.02 SB:
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		32.24		1:07.82	
	32.24		35.58		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:4, starttime: 10:05
Heat: 4/7 Lane : 2 Athlete: GARRAUX ALOÏS					Q-time: 01:06:77
PB (25m pool): 1:04.76 Sint Amandsberg 12 Nov 2023					PB (50m pool): 1:06.77 SB:
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		30.43		1:04.76	
	30.43		34.33		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:1, starttime: 10:10
Heat: 1/6 Lane : 5 Athlete: DEVILLÉ HÉLENE					Q-time: 01:09:62
PB (25m pool): 1:08.96 Embourg 18 Nov 2023					PB (50m pool): No time SB:
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
					

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN							Heat:1, starttime: 10:20	
Heat: 1/4 Lane : 5 Athlete: CHRISTIAENS THÉO							Q-time: 02:15:30	
PB (25m pool): 2:15.30 Bastogne 1 Dec 2024				PB (50m pool): 2:17.99 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		31.61		1:06.20		1:40.84		2:15.30
	31.61		34.59		34.64		34.46	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:2, starttime: 10:25	
Heat: 2/4 Lane : 7 Athlete: ALBORES-SANCHEZ RAFAEL							Q-time: 02:11:23	
PB (25m pool): 2:09.65 Thionville (FRA 1 Nov 2025				PB (50m pool): 2:17.50 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		29.89		1:02.30		1:36.12		2:09.65
	29.89		32.41		33.82		33.53	
								

Coach feedback: