

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

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

Coaches: Lejeune Yves HEADCOACH

Coaches: Lejeune Melanie

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

Event number: 1: 400M FREESTYLE WOMEN							Heat:2, starttime: 09:05	
Heat: 2/3 Lane : 1 Athlete: VEDERNIKOVA VERA							Q-time: 04:27:95	
PB (25m pool): 4:27.95 Leuven 11 Oct 2025				PB (50m pool): 4:30.96 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		30.59		1:03.82		1:37.50		2:11.75
	30.59		33.23		33.68		34.25	
								
	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		2:46.17		3:21.21		3:55.68		4:27.95
	34.42		35.04		34.47		32.27	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:2, starttime: 09:35	
Heat: 2/6 Lane : 3 Athlete: VEDERNIKOVA MARINA										Q-time: 00:31:70	
PB (25m pool): 31.53 Louvroil (FRA) 18 Jan 2025										PB (50m pool): 32.13 SB:	
	2 5 M		5 0 M								
PB			31.53								
			31.53								
											

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:3, starttime: 09:55	
Heat: 3/4 Lane : 2 Athlete: BUDNAK CAROLINA							Q-time: 02:40:45	
PB (25m pool): 2:40.45 Gent 9 Nov 2024				PB (50m pool): 2:47.23 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		36.63		1:17.27		1:58.40		2:40.45
	36.63		40.64		41.13		42.5	
								

Coach feedback:

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Event number: 9: 200M BUTTERFLY WOMEN							Heat:3, starttime: 10:40	
Heat: 3/3 Lane : 2 Athlete: VEDERNIKOVA VERA							Q-time: 02:28:43	
PB (25m pool): 2:24.57 Mons 26 Oct 2025				PB (50m pool): 2:28.43 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		32.37		1:08.89		1:47.57		2:24.57
	32.37		36.52		38.68		37.00	
								

Coach feedback: