

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Okens Jari HEADCOACH

Coaches: Van Den Broeck Dennis

PB => Personal Best time

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

## Event number: 2: 400M MEDLEY MEN

Heat:2, starttime: 09:20

Heat: 2/3 Lane : 6 Athlete: VAN HUMBEECK SEAN

Q-time: 04:32:60

PB (25m pool): 4:32.60 Gent 9 Nov 2024

PB (50m pool): 4:47.21 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 |           | 29.19     |           | 1:03.66   |           | 1:40.45   |           | 2:16.26   |
|    |           | 29.19     |           | 34.47     |           | 36.79     |           | 35.81     |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |
|    | 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 |           | 2:53.77   |           | 3:31.92   |           | 4:02.33   |           | 4:32.60   |
|    |           | 37.51     |           | 38.15     |           | 30.41     |           | 30.27     |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

## Event number: 3: 50M BACKSTROKE WOMEN

Heat:5, starttime: 09:35

Heat: 5/6 Lane : 1 Athlete: DALEMANS LYN

Q-time: 00:30:63

PB (25m pool): 30.63 Sint-Niklaas 22 Jul 2025

PB (50m pool): 31.84 SB:

|    | 2 5 M     | 5 0 M     |  |
|----|-----------|-----------|--|
| PB |           | 30.63     |  |
|    |           | 30.63     |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

## Event number: 6: 100M BREASTSTROKE MEN

Heat:2, starttime: 10:00

Heat: 2/7 Lane : 3 Athlete: VAN HUMBEECK SEAN

Q-time: 01:08:91

PB (25m pool): 1:06.04 Sint Amandsberg 12 Nov 2023

PB (50m pool): 1:08.91 SB:

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 30.92     |           | 1:06.04   |  |
|    |           | 30.92     |           | 35.12     |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

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|                                                                |           |           |                          |
|----------------------------------------------------------------|-----------|-----------|--------------------------|
| Event number: 11: 50M FREESTYLE WOMEN                          |           |           | Heat:5, starttime: 10:55 |
| Heat: 5/7 Lane : 2 Athlete: DALEMANS LYN                       |           |           | Q-time: 00:26:76         |
| PB (25m pool): 26.76 Geel 11 Feb 2024 PB (50m pool): 27.13 SB: |           |           |                          |
|                                                                | 2 5 M     | 5 0 M     |                          |
| PB                                                             |           | 26.76     |                          |
|                                                                | 26.76     |           |                          |
|                                                                | . . . . . | . . . . . |                          |

Coach feedback: