

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

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

Coaches: Dillen Toon HEADCOACH

Coaches: Vereecken Sven

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

Event number: 4: 50M FREESTYLE MEN			Heat:3, starttime: 09:40
Heat: 3/8 Lane : 2 Athlete: VAN BALLAER VIKTOR			Q-time: 00:24:31
PB (25m pool): 24.31 Geel 15 Feb 2025			PB (50m pool): 25.66 SB:
	2 5 M	5 0 M	
PB		24.31	
	24.31		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:4, starttime: 09:40
Heat: 4/8 Lane : 4 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:24:04
PB (25m pool): 24.04 Antwerpen 12 Oct 2025			PB (50m pool): 24.84 SB:
	2 5 M	5 0 M	
PB		24.04	
	24.04		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:6, starttime: 09:45
Heat: 6/8 Lane : 3 Athlete: TARASOV YEVHENII			Q-time: 00:22:94
PB (25m pool): 22.94 Gent 9 Nov 2024			PB (50m pool): 23.53 SB:
	2 5 M	5 0 M	
PB		22.94	
	22.94		
			

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN							Heat:4, starttime: 09:55	
Heat: 4/4 Lane : 1 Athlete: DILLEN NORAH							Q-time: 02:42:71	
PB (25m pool): 2:42.21 Sint Amandsberg 12 Nov 2023				PB (50m pool): 2:44.74 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		37.14		1:18.46		2:00.38		2:42.21
	37.14		41.32		41.92		41.83	
								

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN							Heat:7, starttime: 10:10	
Heat: 7/7 Lane : 7 Athlete: VAN BALLAER VIKTOR							Q-time: 01:05:32	
PB (25m pool): 1:05.32 Antwerpen 12 Oct 2025				PB (50m pool): 1:08.95 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		30.79		1:05.32				
	30.79		34.53					
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN							Heat:2, starttime: 10:15	
Heat: 2/6 Lane : 6 Athlete: DILLEN NORAH							Q-time: 01:09:06	
PB (25m pool): 1:09.06 Geel 11 Feb 2024				PB (50m pool): No time SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		32.80		1:09.06				
	32.80		36.26					
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:1, starttime: 10:20	
Heat: 1/4 Lane : 6 Athlete: HAESENDONCKX JARNE							Q-time: 02:16:01	
PB (25m pool): 2:16.01 Gent 11 Nov 2024				PB (50m pool): 2:18.21 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		32.10		1:06.69		1:41.69		2:16.01
	32.10		34.59		35.0		34.32	
								

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN							Heat:3, starttime: 10:25	
Heat: 3/4 Lane : 1 Athlete: VAN TILBURG MATTHIAS							Q-time: 02:11:99	
PB (25m pool): 2:11.99 Aarschot 29 Jul 2024				PB (50m pool): 2:16.00 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		30.50		1:03.07				2:11.99
	30.50		32.57			1:08.92		
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:3, starttime: 10:45	
Heat: 3/6 Lane : 2 Athlete: MICHOEL QUINTEN							Q-time: 00:58:57	
PB (25m pool): 58.57 Herentals 17 May 2025				PB (50m pool): 58.73 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		27.13		58.57				
	27.13		31.44					
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:6, starttime: 10:50	
Heat: 6/6 Lane : 5 Athlete: TARASOV YEVHENII							Q-time: 00:54:67	
PB (25m pool): 54.67 Geel 15 Feb 2025				PB (50m pool): 56.44 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		25.13		54.67				
	25.13		29.54					
								

Coach feedback: