

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

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: 4: 50M FREESTYLE MEN

Heat:1, starttime: 09:40

Heat: 1/8 Lane : 4 Athlete: VERROKEN GERBEN

Q-time: 00:24:93

PB (25m pool): 24.93 Leuven 23 Feb 2025

PB (50m pool): 25.38 SB:

	25 M	50 M	
PB		24.93	
		24.93	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN

Heat:2, starttime: 09:40

Heat: 2/8 Lane : 7 Athlete: VOLCKAERT MATTHIAS

Q-time: 00:24:81

PB (25m pool): 24.81 Hannuit 18 Jan 2025

PB (50m pool): 25.56 SB:

	25 M	50 M	
PB		24.81	
		24.81	
			

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN

Heat:3, starttime: 09:55

Heat: 3/4 Lane : 7 Athlete: DONIN MANON

Q-time: 02:42:19

PB (25m pool): 2:42.19 Dilbeek 11 May 2025

PB (50m pool): 2:47.22 SB:

	25 M	50 M	75 M	100	125	150	175	200 M
PB		35.97		1:17.69				2:42.19
		35.97		41.72				1:24.50
								

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN					Heat:1, starttime: 10:00
Heat: 1/7 Lane : 7 Athlete: VERROKEN GERBEN					Q-time: 01:11:43
PB (25m pool): 1:10.38 Liedekerke 1 May 2024					PB (50m pool): 1:11.34 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.80		1:10.38	
	33.80		36.58		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN					Heat:2, starttime: 10:00
Heat: 2/7 Lane : 1 Athlete: DE PEYPER NOAH					Q-time: 01:09:34
PB (25m pool): 1:09.34 Sint-Niklaas 12 Jan 2025					PB (50m pool): 1:11.99 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.25		1:09.34	
	33.25		36.09		
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN						Heat:1, starttime: 10:20		
Heat: 1/4 Lane : 3 Athlete: VERROKEN GERBEN						Q-time: 02:15:91		
PB (25m pool): 2:15.91 Gent 11 Nov 2024						PB (50m pool): 2:17.86 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		31.97		1:06.96		1:41.90		2:15.91
	31.97		34.99		34.94		34.1	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN						Heat:3, starttime: 10:25		
Heat: 3/4 Lane : 8 Athlete: VOLCKAERT MATTHIAS						Q-time: 02:13:01		
PB (25m pool): 2:13.01 Gent 11 Nov 2024						PB (50m pool): 2:16.84 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		30.76		1:04.29		1:38.79		2:13.01
	30.76		33.53		34.50		34.22	
								

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN			Heat:2, starttime: 10:55
Heat: 2/7 Lane : 5 Athlete: DONIN MANON			Q-time: 00:27:73
PB (25m pool): 27.73 Dilbeek 11 May 2025			PB (50m pool): 28.56 SB:
	2 5 M	5 0 M	
PB		27.73	
	27.73		
			

Coach feedback: