

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

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

Coaches: Neiryndck Jan HEADCOACH

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

Event number: 3: 50M BACKSTROKE WOMEN			Heat:6, starttime: 09:35
Heat: 6/6 Lane : 1 Athlete: VRANKEN DAGMAR			Q-time: 00:30:57
PB (25m pool): 30.49 Nijlen 19 Nov 2023			PB (50m pool): 31.76 SB:
PB	2 5 M	5 0 M	
		30.49	
	30.49		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN			Heat:6, starttime: 09:35
Heat: 6/6 Lane : 4 Athlete: VERDONCK FLEUR			Q-time: 00:27:68
PB (25m pool): 27.68 Aachen (GER) 11 Oct 2025			PB (50m pool): 28.56 SB:
PB	2 5 M	5 0 M	
		27.68	
	27.68		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN			Heat:7, starttime: 09:45
Heat: 7/8 Lane : 8 Athlete: VAN EGDOM WOUT			Q-time: 00:23:60
PB (25m pool): 23.60 Gent 9 Nov 2024			PB (50m pool): 24.19 SB:
PB	2 5 M	5 0 M	
		23.60	
	23.60		
			

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN					Heat:4, starttime: 10:15
Heat: 4/6 Lane : 4 Athlete: VERDONCK FLEUR					Q-time: 01:02:70
PB (25m pool): 1:02.10 Amsterdam (NED) 5 Jul 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.59		1:02.10	
	29.59		32.51		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN					Heat:4, starttime: 10:15
Heat: 4/6 Lane : 7 Athlete: VRANKEN DAGMAR					Q-time: 01:07:01
PB (25m pool): 1:07.01 Geel 11 Feb 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.48		1:07.01	
	30.48		36.53		
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN						Heat:2, starttime: 10:25		
Heat: 2/4 Lane : 2 Athlete: VAN EGDOM WOUT						Q-time: 02:10:41		
PB (25m pool): 2:10.41 Mol 20 Oct 2024						PB (50m pool): 2:17.16 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		30.82		1:04.77		1:38.71		2:10.41
	30.82		33.95		33.94		31.70	
								

Coach feedback: