

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

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

Coaches: Meyers Sepp

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

Event number: 4: 50M FREESTYLE MEN							Heat:4, starttime: 09:40	
Heat: 4/8 Lane : 2 Athlete: LAUREYSSSENS LUKAS							Q-time: 00:24:13	
PB (25m pool): 24.13 Gent 9 Nov 2024							PB (50m pool): 24.27 SB:	
	2 5 M		5 0 M					
PB			24.13					
	24.13							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN							Heat:1, starttime: 09:45	
Heat: 1/4 Lane : 3 Athlete: VAN OSTA NOMI							Q-time: 02:44:78	
PB (25m pool): 2:44.25 Leuven 13 Nov 2022							PB (50m pool): 2:45.68 SB:	
PB	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
		36.91		1:18.25		2:01.19		2:44.25
	36.91		41.34		42.94		43.06	
								

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN							Heat:5, starttime: 10:50	
Heat: 5/6 Lane : 7 Athlete: LAUREYSSSENS LUKAS							Q-time: 00:56:91	
PB (25m pool): 56.64 Antwerpen 11 Oct 2025							PB (50m pool): 56.91 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		26.55		56.64				
	26.55		30.09					
								

Coach feedback: