

OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: AQUABLA

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: De Smet Grégory HEADCOACH

Coaches: Massart Sébastien

PB => Personal Best time

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

Event number: 15: 400M FREESTYLE MEN

Heat:3, starttime: 09:10

Heat: 3/4 Lane : 2 Athlete: VAN HEIRWEGHE MAXIME

Q-time: 03:59:26

PB (25m pool): 3:59.26 Gent 9 Nov 2024

PB (50m pool): 4:03.80 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		27.16		56.81		1:26.98		1:57.66
	27.16		29.65		30.17		30.68	
								
	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		2:27.91		2:58.56		3:29.56		3:59.26
	30.25		30.65		31.0		29.70	
								

Coach feedback:

Event number: 16: 400M MEDLEY WOMEN

Heat:3, starttime: 09:30

Heat: 3/3 Lane : 3 Athlete: DECRAENE SATHEEN

Q-time: 05:00:62

PB (25m pool): 4:58.70 Val Parisis&nbs 24 Oct 2025

PB (50m pool): 5:00.62 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		33.07		1:11.14		1:48.88		2:25.85
	33.07		38.07		37.74		36.97	
								
	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		3:09.03		3:52.37		4:27.22		4:58.70
	43.18		43.34		34.85		31.48	
								

Coach feedback:

Event number: 16: 400M MEDLEY WOMEN

Heat:3, starttime: 09:30

Heat: 3/3 Lane : 7 Athlete: LHOIR ELOÏSE

Q-time: 05:06:40

PB (25m pool): 5:06.40 Gent 10 Nov 2024

PB (50m pool): 5:09.34 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		32.28		1:09.84		1:49.57		2:28.69
	32.28		37.56		39.73		39.12	
								
	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		3:12.61		3:56.71		4:32.04		5:06.40
	43.92		44.10		35.33		34.36	
								

OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: AQUABLA

Event number: 24: 50M BUTTERFLY WOMEN			Heat:4, starttime: 10:55
Heat: 4/6 Lane : 1 Athlete: LHOIR ELOÏSE			Q-time: 00:29:01
PB (25m pool): 29.01 Braine l'Alleud 19 Apr 2025 PB (50m pool): 29.91 SB:			
	2 5 M	5 0 M	
PB		29.01	
	29.01		
			

Coach feedback: