

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 15: 400M FREESTYLE MEN							Heat:1, starttime: 09:00	
Heat: 1/4 Lane : 3 Athlete: MAES JORDY							Q-time: 05:00:61	
PB (25m pool): 4:41.74 Zwevegem 3 Nov 2024				PB (50m pool): 5:10.37 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				1:21.10				2:47.02
			1:21.10			1:25.92		
								
	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								4:41.74
						1:54.72		
								

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN							Heat:4, starttime: 10:20	
Heat: 4/8 Lane : 5 Athlete: VERHULST LENNERT						Q-time: 00:30:63		
PB (25m pool): 30.63 Lokeren 28 Sep 2025				PB (50m pool): 31.77 SB:				
	2 5 M		5 0 M					
PB			30.63					
	30.63							
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN							Heat:1, starttime: 10:40	
Heat: 1/4 Lane : 3 Athlete: MAES JORDY							Q-time: 02:45:74	
PB (25m pool): 2:45.74 Gent 23 Feb 2025				PB (50m pool): 2:48.49 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		35.07		1:16.13		2:08.56		2:45.74
	35.7		41.6		52.43		37.18	
								

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN					Heat:1, starttime: 10:55
Heat: 1/9 Lane : 3 Athlete: MAES JORDY					Q-time: 01:07:72
PB (25m pool): 1:07.72 'T Rosco 12 Oct 2025					PB (50m pool): 1:09.81 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.72		1:07.72	
	33.72		34.00		
					

Coach feedback: