

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

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

Coaches: Smet Kathleen HEADCOACH

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 : 7 Athlete: KOPRIVA ILIO							Q-time: 04:01:18	
PB (25m pool): 4:01.18 Hasselt 12 Oct 2025				PB (50m pool): 4:16.83 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		27.39		56.93		1:27.39		1:58.18
	27.39		29.54		30.46		30.79	
								
	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		2:29.59		3:00.95		3:31.71		4:01.18
	31.41		31.36		30.76		29.47	
								

Coach feedback:

Event number: 16: 400M MEDLEY WOMEN							Heat:2, starttime: 09:25	
Heat: 2/3 Lane : 7 Athlete: BROUWERS CHARLOTTE							Q-time: 05:07:14	
PB (25m pool): 5:07.14 Hasselt 12 Oct 2025				PB (50m pool): 5:10.73 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		32.16		1:09.71		1:51.58		2:31.37
	32.16		37.55		41.87		39.79	
								
	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		3:13.10		3:56.86		4:32.94		5:07.14
	41.73		43.76		36.08		34.20	
								

Coach feedback:

Event number: 16: 400M MEDLEY WOMEN							Heat:3, starttime: 09:30	
Heat: 3/3 Lane : 6 Athlete: VERTESSEN FRAN							Q-time: 05:03:02	
PB (25m pool): 5:03.02 Gent (BEL) 10 Nov 2024				PB (50m pool): 5:09.82 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		31.69		1:08.54		1:49.72		2:29.15
	31.69		36.85		41.18		39.43	
								
	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		3:11.15		3:54.38		4:29.63		5:03.02
	42.0		43.23		35.25		33.39	
								

Coach feedback:

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Event number: 17: 50M BACKSTROKE MEN				Heat:1, starttime: 09:40
Heat: 1/7 Lane : 3 Athlete: BAELEN SIEBE				Q-time: 00:28:87
PB (25m pool): 28.87 Hasselt 3 May 2025				PB (50m pool): 29.86 SB:
	2 5 M	5 0 M		
PB		28.87		
	28.87			
				

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:3, starttime: 09:50
Heat: 3/6 Lane : 6 Athlete: MELOTTE PIA					Q-time: 01:06:62
PB (25m pool): 1:08.22 Bree 1 Jun 2025					PB (50m pool): 1:06.62 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.47		1:08.22	
	33.47		34.75		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:4, starttime: 09:50
Heat: 4/6 Lane : 1 Athlete: FREDERIX MAYA					Q-time: 01:06:23
PB (25m pool): 1:06.23 Hasselt 3 May 2025					PB (50m pool): 1:09.03 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.63		1:06.23	
	32.63		33.60		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:4, starttime: 09:50
Heat: 4/6 Lane : 7 Athlete: VANDEVENNE LIAH					Q-time: 01:05:64
PB (25m pool): 1:05.64 Hasselt 3 May 2025					PB (50m pool): 1:07.97 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.21		1:05.64	
	31.21		34.43		
					

Coach feedback:

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Event number: 19: 200M BUTTERFLY MEN							Heat:1, starttime: 09:55	
Heat: 1/4 Lane : 5 Athlete: CLAESKENS MILAN							Q-time: 02:17:11	
PB (25m pool): 2:16.49 Sint Amandsberg 11 Nov 2023				PB (50m pool): 2:19.56 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		30.26		1:04.89		1:40.20		2:16.49
	30.26		34.63		35.31		36.29	
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN							Heat:4, starttime: 10:30	
Heat: 4/6 Lane : 5 Athlete: VERSTREPEN SIEL							Q-time: 01:09:80	
PB (25m pool): 1:09.20 Leuven 13 Nov 2021				PB (50m pool): 1:10.23 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		32.45		1:09.20				
	32.45		36.75					
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN							Heat:6, starttime: 10:35	
Heat: 6/6 Lane : 2 Athlete: BROUWERS CHARLOTTE							Q-time: 01:13:03	
PB (25m pool): 1:13.03 Hasselt 4 May 2025				PB (50m pool): 1:13.89 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		34.85		1:13.03				
	34.85		38.18					
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN							Heat:6, starttime: 10:35	
Heat: 6/6 Lane : 8 Athlete: VERTESEN FRAN							Q-time: 01:14:25	
PB (25m pool): 1:13.75 Eindhoven 19 Oct 2025				PB (50m pool): 1:14.94 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		34.97		1:13.75				
	34.97		38.78					
								

Coach feedback:

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Event number: 24: 50M BUTTERFLY WOMEN						Heat:2, starttime: 10:50	
Heat: 2/6 Lane : 6 Athlete: FREDERIX MAYA						Q-time: 00:29:76	
PB (25m pool): 29.76 Hasselt 28 Apr 2024						PB (50m pool): 30.14 SB:	
	2 5 M		5 0 M				
PB			29.76				
	29.76						
							

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN							Heat:5, starttime: 10:55	
Heat: 5/6 Lane : 7 Athlete: VANDEVENNE LIAH							Q-time: 00:28:93	
PB (25m pool): 28.93 Bree 1 Jun 2025							PB (50m pool): 29.11 SB:	
	2 5 M		5 0 M					
PB			28.93					
	28.93							
								

Coach feedback:

Event number: 25: 100M FREESTYLE MEN				Heat:2, starttime: 11:00	
Heat: 2/9 Lane : 5 Athlete: KOPRIVA ILIO				Q-time: 00:54:03	
PB (25m pool): 54.03 Hasselt 11 Oct 2025				PB (50m pool): 57.44 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.06		54.03	
	26.06		27.97		
					

Coach feedback: