

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Melders Peter

PB => Personal Best time

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

Event number: 16: 400M MEDLEY WOMEN							Heat:1, starttime: 09:20	
Heat: 1/3 Lane : 3 Athlete: THEUWIS RUNE							Q-time: 05:17:55	
PB (25m pool): 5:16.71 Pelt 3 Jul 2021				PB (50m pool): 5:23.37 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				1:16.39				
			1:16.39					
								
	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								5:16.71
						4:00.32		
								

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 5 Athlete: BUSSELS FLEUR							Q-time: 01:03:03	
PB (25m pool): 1:02.64 Sint Amandsberg 12 Nov 2023				PB (50m pool): 1:03.76 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		30.65		1:02.64				
	30.65		31.99					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:4, starttime: 10:15	
Heat: 4/4 Lane : 4 Athlete: VANOTTERDIJK ROOS							Q-time: 01:55:33	
PB (25m pool): 1:55.33 Copenhagen (DEN 14 Dec 2024				PB (50m pool): 1:59.31 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		27.26		56.52		1:25.97		1:55.33
	27.26		29.26		29.45		29.36	
								

Coach feedback:

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Event number: 21: 50M BREASTSTROKE MEN			Heat:3, starttime: 10:20
Heat: 3/8 Lane : 3 Athlete: METTEN VINCE			Q-time: 00:30:96
PB (25m pool): 30.96 Hasselt 11 Oct 2025			PB (50m pool): 31.76 SB:
	2 5 M	5 0 M	
PB		30.96	
	30.96		
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN			Heat:5, starttime: 10:20
Heat: 5/8 Lane : 1 Athlete: ORIS TIM			Q-time: 00:30:51
PB (25m pool): 30.51 Gent 11 Nov 2017			PB (50m pool): 31.34 SB:
	2 5 M	5 0 M	
PB		30.51	
	30.51		
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN			Heat:5, starttime: 10:20
Heat: 5/8 Lane : 1 Athlete: ORIS TIM			Q-time: 00:30:51
PB (25m pool): 30.51 Gent 10 Nov 2024			PB (50m pool): 31.34 SB:
	2 5 M	5 0 M	
PB		30.51	
	30.51		
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN			Heat:6, starttime: 10:25
Heat: 6/8 Lane : 5 Athlete: VRANKEN BARTEL			Q-time: 00:28:83
PB (25m pool): 27.69 Rotterdam (NED) 24 Oct 2025			PB (50m pool): 28.73 SB:
	2 5 M	5 0 M	
PB		27.69	
	27.69		
			

Coach feedback:

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Event number: 21: 50M BREASTSTROKE MEN							Heat:8, starttime: 10:25		
Heat: 8/8 Lane : 3 Athlete: SOENS ELIAS							Q-time: 00:28:86		
PB (25m pool): 28.86 Dubai (UAE) 23 Nov 2024							PB (50m pool): 30.49 SB:		
	2 5 M		5 0 M						
PB			28.86						
	28.86								
									

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:4, starttime: 10:30		
Heat: 4/6 Lane : 4 Athlete: VANOTTERDIJK ROOS					Q-time: 01:06:26		
PB (25m pool): 1:06.26 Copenhagen (DEN 12 Dec 2024					PB (50m pool): 1:09.58 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		31.64		1:06.26			
	31.64		34.62				
							

Coach feedback:

Event number: 23: 200M MEDLEY MEN						Heat:4, starttime: 10:45		
Heat: 4/4 Lane : 2 Athlete: SOENS ELIAS						Q-time: 02:09:18		
PB (25m pool): 2:09.18 Gent 10 Nov 2024						PB (50m pool): 2:17.13 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		27.95		1:00.97		1:37.84		2:09.18
	27.95		33.2		36.87		31.34	
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN						Heat:4, starttime: 10:45		
Heat: 4/4 Lane : 3 Athlete: VRANKEN BARTEL						Q-time: 02:05:21		
PB (25m pool): 2:05.21 Gent 10 Nov 2024						PB (50m pool): 2:10.05 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		27.40		1:00.15		1:35.30		2:05.21
	27.40		32.75		35.15		29.91	
								

Coach feedback:

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Event number: 24: 50M BUTTERFLY WOMEN							Heat:4, starttime: 10:55	
Heat: 4/6 Lane : 5 Athlete: BUSSELS FLEUR							Q-time: 00:28:25	
PB (25m pool): 28.25 Hasselt 28 Apr 2024							PB (50m pool): 27.64 SB:	
	2 5 M		5 0 M					
PB			28.25					
	28.25							
								

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN						Heat:6, starttime: 10:55	
Heat: 6/6 Lane : 4 Athlete: VANOTTERDIJK ROOS						Q-time: 00:25:32	
PB (25m pool): 25.32 Copenhagen (DEN 14 Dec 2024						PB (50m pool): 25.32 SB:	
	2 5 M		5 0 M				
PB			25.32				
	25.32						
							

Coach feedback:

Event number: 25: 100M FREESTYLE MEN				Heat:3, starttime: 11:00	
Heat: 3/9 Lane : 7 Athlete: ORIS TIM				Q-time: 00:53:48	
PB (25m pool): 53.48 Hasselt 28 Apr 2024				PB (50m pool): 55.52 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.61		53.48	
	25.61		27.87		
					

Coach feedback: