

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Ardu Daniel

Coaches: Hofmans Francoise HEADCOACH

PB => Personal Best time

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

Event number: 15: 400M FREESTYLE MEN

Heat:2, starttime: 09:05

Heat: 2/4 Lane : 1 Athlete: ZEIMES ELRIC

Q-time: 04:11:86

PB (25m pool): 4:10.28 Sint Amandsberg 11 Nov 2023

PB (50m pool): 4:16.10 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		28.45		59.27		1:30.62		2:02.50
		28.45		30.82		31.35		31.88
								
	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		2:34.70		3:07.04		3:39.08		4:10.28
		32.20		32.34		32.4		31.20
								

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN

Heat:5, starttime: 09:40

Heat: 5/7 Lane : 1 Athlete: CHAREF BILLAL

Q-time: 00:27:40

PB (25m pool): 27.40 Geel 11 Feb 2024

PB (50m pool): 29.03 SB:

	2 5 M	5 0 M	
PB		27.40	
		27.40	
			

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN

Heat:1, starttime: 09:45

Heat: 1/6 Lane : 2 Athlete: SAFFAR SOFIA

Q-time: 01:09:31

PB (25m pool): 1:09.31 Geel 11 Feb 2024

PB (50m pool): 1:11.36 SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.37		1:09.31	
		33.37		35.94	
					

Coach feedback:

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

Event number: 18: 100M BACKSTROKE WOMEN					Heat:2, starttime: 09:45
Heat: 2/6 Lane : 5 Athlete: BENNANI MARYAM					Q-time: 01:07:06
PB (25m pool): 1:07.06 Gent 10 Nov 2024					PB (50m pool): 1:07.55 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.69		1:07.06	
	32.69		34.37		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:6, starttime: 09:55
Heat: 6/6 Lane : 2 Athlete: LABASSE CLEMENCE					Q-time: 01:05:08
PB (25m pool): 1:04.46 Leuven 13 Nov 2022					PB (50m pool): 1:06.16 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		31.57		1:04.46	
	31.57		32.89		
					

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:2, starttime: 10:00
Heat: 2/4 Lane : 1 Athlete: BENNANI WALID							Q-time: 02:13:49
PB (25m pool): 2:23.26 Braine-l'Alleud 8 Apr 2023							PB (50m pool): 2:13.49 SB:
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		29.85		1:05.24		1:43.16	2:23.26
	29.85		35.39		37.92		40.10
							

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:4, starttime: 10:05
Heat: 4/4 Lane : 8 Athlete: JACOB GEOFFREY							Q-time: 02:14:07
PB (25m pool): 2:13.47 Crisnee 26 Nov 2011							PB (50m pool): 2:15.11 SB:
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		29.25		1:03.58			2:13.47
	29.25		34.33				1:09.89
							

Coach feedback:

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

Event number: 21: 50M BREASTSTROKE MEN							Heat:4, starttime: 10:20	
Heat: 4/8 Lane : 4 Athlete: CHAREF BILLAL							Q-time: 00:30:63	
PB (25m pool): 30.32 Bree 19 Dec 2021							PB (50m pool): 30.54 SB:	
	2 5 M		5 0 M					
PB			30.32					
	30.32							
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN						Heat:1, starttime: 10:40		
Heat: 1/4 Lane : 4 Athlete: ZEIMES ELRIC						Q-time: 02:13:99		
PB (25m pool): 2:13.99 Gent 10 Nov 2024			PB (50m pool): 2:19.15 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		29.04		1:02.75		1:42.85		2:13.99
	29.4		33.71		40.10		31.14	
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN						Heat:3, starttime: 10:45		
Heat: 3/4 Lane : 6 Athlete: BENNANI WALID						Q-time: 02:07:84		
PB (25m pool): 2:07.84 Gent 10 Nov 2024			PB (50m pool): 2:11.68 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		27.23		59.04		1:37.02		2:07.84
	27.23		31.81		37.98		30.82	
								

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN							Heat:3, starttime: 10:50	
Heat: 3/6 Lane : 5 Athlete: LABASSE CLEMENCE						Q-time: 00:29:32		
PB (25m pool): 28.90 Sint Amandsberg 12 Nov 2023			PB (50m pool): 28.87		SB:			
	2 5 M		5 0 M					
PB			28.90					
	28.90							
								

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN					Heat:2, starttime: 11:00
Heat: 2/9 Lane : 4 Athlete: LUKIANOFF ALDAR					Q-time: 00:53:67
PB (25m pool): 53.67 Sint-Pieters-Leeuw 5 Oct 2025					PB (50m pool): 55.70 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.64		53.67	
	25.64		28.03		
					

Coach feedback: