

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Cannaerts Jens

PB => Personal Best time

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

Event number: 17: 50M BACKSTROKE MEN				Heat:2, starttime: 09:40
Heat: 2/7 Lane : 5 Athlete: LEIRS BAVO				Q-time: 00:28:41
PB (25m pool): 28.41 Geel 16 Feb 2025				PB (50m pool): 30.42 SB:
	2 5 M	5 0 M		
PB		28.41		
		28.41		
				

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN				Heat:6, starttime: 09:40
Heat: 6/7 Lane : 4 Athlete: BERGES JENS				Q-time: 00:25:00
PB (25m pool): 25.00 Gent 10 Nov 2024				PB (50m pool): 26.20 SB:
	2 5 M	5 0 M		
PB		25.00		
		25.00		
				

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:2, starttime: 10:00	
Heat: 2/4 Lane : 3 Athlete: LEIRS BAVO							Q-time: 02:08:97	
PB (25m pool): 2:08.97 Antwerpen 12 Oct 2025				PB (50m pool): 2:14.81 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		28.42		1:01.18		1:35.09		2:08.97
	28.42		32.76		33.91		33.88	
								

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN					Heat:6, starttime: 10:35
Heat: 6/6 Lane : 1 Athlete: STRUYF LIESELOT					Q-time: 01:13:92
PB (25m pool): 1:13.92 Geel 15 Feb 2025					PB (50m pool): 1:16.88 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		34.92		1:13.92	
	34.92		39.00		
					

Coach feedback: