

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Konings Antoinette 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 : 5 Athlete: VAN DEN HOORN JELLE							Q-time: 04:07:49	
PB (25m pool): 4:07.49 Hasselt 28 Apr 2024				PB (50m pool): 4:16.99 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		27.29		57.47		1:28.63		2:00.28
	27.29		30.18		31.16		31.65	
								
	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		2:32.29		3:04.46		3:36.56		4:07.49
	32.01		32.17		32.10		30.93	
								

Coach feedback:

Event number: 15: 400M FREESTYLE MEN							Heat:4, starttime: 09:15	
Heat: 4/4 Lane : 8 Athlete: VANGROOTLOON JEF							Q-time: 04:05:89	
PB (25m pool): 4:05.89 Hasselt 12 Oct 2025				PB (50m pool): 4:33.64 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		27.88		58.61		1:29.74		2:01.60
	27.88		30.73		31.13		31.86	
								
	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		2:32.94		3:04.48		3:36.04		4:05.89
	31.34		31.54		31.56		29.85	
								

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN							Heat:5, starttime: 10:20	
Heat: 5/8 Lane : 6 Athlete: CROES MATISSE							Q-time: 00:30:40	
PB (25m pool): 30.40 Hasselt 4 May 2025				PB (50m pool): No time SB:				
PB	2 5 M		5 0 M					
			30.40					
			30.40					
								

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN					Heat:5, starttime: 10:35
Heat: 5/6 Lane : 2 Athlete: EVENS NOOR					Q-time: 01:13:21
PB (25m pool): 1:12.84 Geel 18 Feb 2023					PB (50m pool): 1:14.84 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		34.54		1:12.84	
	34.54		38.30		
					

Coach feedback:

Event number: 23: 200M MEDLEY MEN							Heat:4, starttime: 10:45	
Heat: 4/4 Lane : 1 Athlete: VAN DEN HOORN JELLE							Q-time: 02:11:42	
PB (25m pool): 2:11.42 Hasselt 28 Apr 2024				PB (50m pool): 2:14.73 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		28.49		1:03.25		1:41.12		2:11.42
	28.49		34.76		37.87		30.30	
								

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:4, starttime: 11:00
Heat: 4/9 Lane : 2 Athlete: CROES MATISSE					Q-time: 00:53:15
PB (25m pool): 53.15 Hasselt 4 May 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.97		53.15	
	25.97		27.18		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:5, starttime: 11:00
Heat: 5/9 Lane : 8 Athlete: VANGROOTLOON JEF					Q-time: 00:52:88
PB (25m pool): 52.88 Hasselt 12 Oct 2025					PB (50m pool): 54.43 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.75		52.88	
	25.75		27.13		
					

Coach feedback: