

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

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

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

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 : 4 Athlete: DECOUTERE IMANI							Q-time: 05:11:87	
PB (25m pool): 5:11.87 Gent 10 Nov 2024				PB (50m pool): 5:14.46 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		32.57		1:10.15		1:49.26		2:27.46
	32.57		37.58		39.11		38.20	
								
	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		3:13.90		4:00.58		4:36.56		5:11.87
	46.44		46.68		35.98		35.31	
								

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN							Heat:2, starttime: 09:45	
Heat: 2/6 Lane : 4 Athlete: DECOUTERE IMANI							Q-time: 01:07:06	
PB (25m pool): 1:07.06 Ettelbruck (LUX 19 Apr 2025							PB (50m pool): 1:08.72 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		32.86		1:07.06				
	32.86		34.20					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:1, starttime: 10:05	
Heat: 1/4 Lane : 3 Athlete: VERMAUT CELINE							Q-time: 02:24:40	
PB (25m pool): 2:24.40 Brugge 20 Oct 2024				PB (50m pool): 2:25.43 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		33.37		1:09.66		1:46.94		2:24.40
	33.37		36.29		37.28		37.46	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN							Heat:1, starttime: 10:05	
Heat: 1/4 Lane : 5 Athlete: CHRISTIAENS JUTTA							Q-time: 02:10:51	
PB (25m pool): 2:10.51 Sint-Amandsberg 27 Oct 2024				PB (50m pool): 2:12.23 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		30.23		1:03.37		1:37.01		2:10.51
	30.23		33.14		33.64		33.50	
								

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN										Heat:2, starttime: 10:20	
Heat: 2/8 Lane : 3 Athlete: VERSCHUERE LUCAS										Q-time: 00:31:50	
PB (25m pool): 31.50 Brugge 19 Oct 2024										PB (50m pool): 32.17 SB:	
	2 5 M		5 0 M								
PB			31.50								
	31.50										
											

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN							Heat:3, starttime: 10:20	
Heat: 3/8 Lane : 7 Athlete: CHRISTIAENS STIJN							Q-time: 00:31:04	
PB (25m pool): 30.66 Zwevegem 2 Oct 2022				PB (50m pool): 31.90 SB:				
	2 5 M	5 0 M						
PB		30.66						
	30.66							
								

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN										Heat:5, starttime: 10:20		
Heat: 5/8 Lane : 8 Athlete: VERELZEN ROBBE										Q-time: 00:30:55		
PB (25m pool): 30.55 Gent 10 Nov 2024										PB (50m pool): 31.16 SB:		
	2 5 M		5 0 M									
PB			30.55									
	30.55											
												

Coach feedback:

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Event number: 21: 50M BREASTSTROKE MEN						Heat:7, starttime: 10:25	
Heat: 7/8 Lane : 1 Athlete: DECUPERE CEDRIC						Q-time: 00:30:03	
PB (25m pool): 30.03 Ettelbruck (LUX 20 Apr 2025						PB (50m pool): 31.08 SB:	
	2 5 M		5 0 M				
PB			30.03				
	30.03						
							

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:1, starttime: 10:25	
Heat: 1/6 Lane : 2 Athlete: VERMAUT CELINE					Q-time: 01:28:55	
PB (25m pool): 1:28.55 Brugge 19 Oct 2024					PB (50m pool): 1:30.78 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		41.13		1:28.55		
	41.13		47.42			
						

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:1, starttime: 10:25	
Heat: 1/6 Lane : 5 Athlete: CHRISTIAENS ANNABEL					Q-time: 01:17:11	
PB (25m pool): 1:16.41 Kortrijk 19 Feb 2023					PB (50m pool): 1:18.47 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		36.11		1:16.41		
	36.11		40.30			
						

Coach feedback:

Event number: 23: 200M MEDLEY MEN							Heat:2, starttime: 10:40	
Heat: 2/4 Lane : 1 Athlete: VERSCHUERE LUCAS							Q-time: 02:12:32	
PB (25m pool): 2:12.32 Gent 10 Nov 2024							PB (50m pool): 2:16.67 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		27.33		1:02.71		1:40.54		2:12.32
	27.33		35.38		37.83		31.78	
								

Coach feedback:

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Event number: 23: 200M MEDLEY MEN							Heat:3, starttime: 10:45	
Heat: 3/4 Lane : 8 Athlete: VERELZEN ROBBE							Q-time: 02:13:21	
PB (25m pool): 2:13.21 Brugge 20 Oct 2024				PB (50m pool): 2:17.86 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		28.90		1:04.76		1:42.80		2:13.21
	28.90		35.86		38.04		30.41	
								

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN										Heat:2, starttime: 10:50	
Heat: 2/6 Lane : 8 Athlete: CHRISTIAENS JUTTA										Q-time: 00:30:27	
PB (25m pool): 30.27 Nijlen 16 Nov 2024										PB (50m pool): 30.74 SB:	
	2 5 M		5 0 M								
PB			30.27								
	30.27										
											

Coach feedback:

Event number: 25: 100M FREESTYLE MEN							Heat:2, starttime: 11:00	
Heat: 2/9 Lane : 2 Athlete: CHRISTIAENS STIJN							Q-time: 00:54:19	
PB (25m pool): 54.01 Kortrijk 19 Feb 2023				PB (50m pool): 55.32 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		25.82		54.01				
	25.82		28.19					
								

Coach feedback: