

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Tampieri Matteo

Coaches: Bollen Margot HEADCOACH

PB => Personal Best time

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

Event number: 15: 400M FREESTYLE MEN Heat:1, starttime: 09:00

Heat: 1/4 Lane : 4 Athlete: VAN GENECHTEN SANDER Q-time: 04:13:60

PB (25m pool): 4:11.43 Leuven 12 Nov 2022 PB (50m pool): 4:25.39 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		28.11		59.10		1:31.11		2:03.41
	28.11		30.99		32.01		32.30	
								
	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		2:35.76		3:08.09		3:40.46		4:11.43
	32.35		32.33		32.37		30.97	
								

Coach feedback:

Event number: 15: 400M FREESTYLE MEN Heat:4, starttime: 09:15

Heat: 4/4 Lane : 6 Athlete: SPADEA TOMMASO Q-time: 03:55:79

PB (25m pool): 3:55.79 Leuven 24 Nov 2024 PB (50m pool): 4:02.38 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		27.20		56.50		1:26.23		1:56.19
	27.20		29.30		29.73		29.96	
								
	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		2:26.26		2:56.44		3:26.35		3:55.79
	30.07		30.18		29.91		29.44	
								

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN Heat:3, starttime: 09:40

Heat: 3/7 Lane : 6 Athlete: BERLAMONT DAAN Q-time: 00:28:33

PB (25m pool): 28.33 Leuven 11 Oct 2025 PB (50m pool): 29.04 SB:

	2 5 M	5 0 M
PB		28.33
	28.33	
		

Coach feedback:

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Event number: 19: 200M BUTTERFLY MEN							Heat:2, starttime: 10:00	
Heat: 2/4 Lane : 4 Athlete: VERMAUT ARTHUR							Q-time: 02:06:22	
PB (25m pool): 2:06.22 Braine l'Alleud 19 Apr 2025				PB (50m pool): 2:09.53 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		26.77		58.28		1:31.71		2:06.22
	26.77		31.51		33.43		34.51	
								

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:2, starttime: 10:00	
Heat: 2/4 Lane : 7 Athlete: LISSENS TUUR							Q-time: 02:12:59	
PB (25m pool): 2:11.66 Sint-Amandsberg 19 Oct 2025				PB (50m pool): 2:16.02 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		29.50		1:03.35		1:36.99		2:11.66
	29.50		33.85		33.64		34.67	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:2, starttime: 10:10	
Heat: 2/4 Lane : 2 Athlete: ADELMANN CLARA CENXI							Q-time: 02:07:01	
PB (25m pool): 2:08.16 Saint-Dizier (F 12 Oct 2025				PB (50m pool): 2:07.01 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		29.88		1:02.59		1:35.47		2:08.16
	29.88		32.71		32.88		32.69	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:2, starttime: 10:10	
Heat: 2/4 Lane : 4 Athlete: VANDERLINDEN SIRI							Q-time: 01:58:08	
PB (25m pool): 1:58.08 Gent 9 Nov 2024				PB (50m pool): 2:01.49 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		27.37		57.19		1:27.86		1:58.08
	27.37		29.82		30.67		30.22	
								

Coach feedback:

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Event number: 21: 50M BREASTSTROKE MEN							Heat:4, starttime: 10:20	
Heat: 4/8 Lane : 1 Athlete: VAN HOOFF DAAN							Q-time: 00:30:83	
PB (25m pool): 30.83 Leuven 11 Oct 2025							PB (50m pool): 31.82 SB:	
	2 5 M		5 0 M					
PB			30.83					
	30.83							
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:2, starttime: 10:30	
Heat: 2/6 Lane : 4 Athlete: SCHOEFS ELISE					Q-time: 01:15:65	
PB (25m pool): 1:12.20 Bree 29 Jul 2014					PB (50m pool): 1:14.79 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		34.19		1:12.20		
	34.19		38.01			
						

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:2, starttime: 10:30	
Heat: 2/6 Lane : 8 Athlete: WATELLE NONA					Q-time: 01:16:19	
PB (25m pool): 1:18.03 Saint-Dizier (F 12 Oct 2025					PB (50m pool): 1:16.19 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		36.45		1:18.03		
	36.45		41.58			
						

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:4, starttime: 11:00	
Heat: 4/9 Lane : 1 Athlete: BERLAMONT DAAN					Q-time: 00:53:20	
PB (25m pool): 53.20 Leuven 12 Oct 2025					PB (50m pool): 54.60 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		25.86		53.20		
	25.86		27.34			
						

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN					Heat:4, starttime: 11:00
Heat: 4/9 Lane : 3 Athlete: VAN HOOFF DAAN					Q-time: 00:53:13
PB (25m pool): 53.13 Leuven 11 Oct 2025					PB (50m pool): 55.98 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.68		53.13	
	25.68		27.45		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:4, starttime: 11:00
Heat: 4/9 Lane : 5 Athlete: VAN DROOGENBROECK NIELS					Q-time: 00:52:93
PB (25m pool): 52.93 Gent 10 Nov 2024					PB (50m pool): 54.60 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.55		52.93	
	25.55		27.38		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:7, starttime: 11:05
Heat: 7/9 Lane : 7 Athlete: SPADEA TOMMASO					Q-time: 00:51:18
PB (25m pool): 51.18 Leuven 19 Oct 2024					PB (50m pool): 53.09 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		24.73		51.18	
	24.73		26.45		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:9, starttime: 11:05
Heat: 9/9 Lane : 2 Athlete: VERMAUT ARTHUR					Q-time: 00:50:82
PB (25m pool): 50.82 Mons 28 Jun 2025					PB (50m pool): 53.16 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		24.38		50.82	
	24.38		26.44		
					

Coach feedback: