

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Loones Matthias 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 : 5 Athlete: LOONES THULINE

Q-time: 05:11:92

PB (25m pool): 5:09.84 Leuven 13 Nov 2022

PB (50m pool): 5:16.76 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		33.00		1:11.42		1:50.26		2:28.67
		33.00		38.42		38.84		38.41
								
	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		3:13.54		4:00.13		4:35.59		5:09.84
		44.87		46.59		35.46		34.25
								

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN

Heat:1, starttime: 09:40

Heat: 1/7 Lane : 1 Athlete: CLAEYS OSCAR

Q-time: 00:29:24

PB (25m pool): 29.06 Eeklo 16 Oct 2022

PB (50m pool): 29.68 SB:

	2 5 M	5 0 M	
PB		29.06	
		29.06	
			

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN

Heat:2, starttime: 09:40

Heat: 2/7 Lane : 2 Athlete: NAAKTGEBOREN JAKOB

Q-time: 00:28:57

PB (25m pool): 28.57 'T Rosco 11 Oct 2025

PB (50m pool): 29.56 SB:

	2 5 M	5 0 M	
PB		28.57	
		28.57	
			

Coach feedback:

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Event number: 17: 50M BACKSTROKE MEN			Heat:2, starttime: 09:40
Heat: 2/7 Lane : 4 Athlete: VANGAMPELAERE MILAN			Q-time: 00:28:39
PB (25m pool): 28.39 Gent 23 Feb 2025			PB (50m pool): 31.90 SB:
	2 5 M	5 0 M	
PB		28.39	
	28.39		
			

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN			Heat:3, starttime: 09:40
Heat: 3/7 Lane : 1 Athlete: LEROUX WOUT			Q-time: 00:28:37
PB (25m pool): 28.37 Aachen (GER) 11 Oct 2025			PB (50m pool): 30.81 SB:
	2 5 M	5 0 M	
PB		28.37	
	28.37		
			

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN			Heat:4, starttime: 09:40
Heat: 4/7 Lane : 6 Athlete: VAN DEURSEN SIEBE			Q-time: 00:27:84
PB (25m pool): 27.84 Eeklo 21 Sep 2025			PB (50m pool): 28.66 SB:
	2 5 M	5 0 M	
PB		27.84	
	27.84		
			

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN			Heat:7, starttime: 09:45
Heat: 7/7 Lane : 3 Athlete: DE MUL TOM			Q-time: 00:26:33
PB (25m pool): 26.33 Aachen (GER) 11 Oct 2025			PB (50m pool): 27.49 SB:
	2 5 M	5 0 M	
PB		26.33	
	26.33		
			

Coach feedback:

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Event number: 17: 50M BACKSTROKE MEN					Heat:7, starttime: 09:45				
Heat: 7/7 Lane : 4 Athlete: VERRETH NOAH					Q-time: 00:24:12				
PB (25m pool): 23.71 Rotterdam (NED) 26 Oct 2025					PB (50m pool): 25.37 SB:				
	2 5 M		5 0 M						
PB			23.71						
	23.71								
									

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:2, starttime: 09:45	
Heat: 2/6 Lane : 1 Athlete: VANGAMPELAERE LAURA					Q-time: 01:07:50	
PB (25m pool): 1:07.50 Zwevegem 20 May 2024					PB (50m pool): 1:09.01 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		33.08		1:07.50		
	33.08		34.42			
						

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:4, starttime: 09:50	
Heat: 4/6 Lane : 5 Athlete: MATTHEEUWS LIE					Q-time: 01:03:70	
PB (25m pool): 1:03.70 Aachen (GER) 27 Oct 2024					PB (50m pool): 1:04.72 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		30.52		1:03.70		
	30.52		33.18			
						

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 7 Athlete: HUENS NOOR					Q-time: 01:05:57	
PB (25m pool): 1:05.57 Gent 10 Nov 2024					PB (50m pool): 1:07.00 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		31.55		1:05.57		
	31.55		34.2			
						

Coach feedback:

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Event number: 18: 100M BACKSTROKE WOMEN					Heat:6, starttime: 09:55
Heat: 6/6 Lane : 3 Athlete: GOETHALS HILKJE					Q-time: 01:03:82
PB (25m pool): 1:02.08 Brugge 13 Nov 2016					PB (50m pool): 1:03.63 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.32		1:02.08	
	30.32		31.76		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:6, starttime: 09:55
Heat: 6/6 Lane : 5 Athlete: VANHEUVERBEKE MARTHE					Q-time: 01:02:83
PB (25m pool): 1:02.24 Val Parisis&nbs 25 Oct 2025					PB (50m pool): 1:04.09 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.86		1:02.24	
	29.86		32.38		
					

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:2, starttime: 10:00
Heat: 2/4 Lane : 2 Athlete: STRUYVELT ARNE							Q-time: 02:10:12
PB (25m pool): 2:10.12 Gent 10 Nov 2024							PB (50m pool): 2:13.91 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		28.48		1:00.82		1:34.99	2:10.12
	28.48		32.34		34.17		35.13
							

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:2, starttime: 10:00
Heat: 2/4 Lane : 5 Athlete: SCHRAM THOR							Q-time: 02:07:40
PB (25m pool): 2:07.40 Gent 10 Nov 2024							PB (50m pool): 2:12.27 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		29.08		1:00.87		1:33.55	2:07.40
	29.8		31.79		32.68		33.85
							

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN							Heat:2, starttime: 10:10	
Heat: 2/4 Lane : 7 Athlete: VAN GYSEL MAITE							Q-time: 02:07:59	
PB (25m pool): 2:07.59 Sint-Amandsberg 27 Oct 2024				PB (50m pool): 2:09.28 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		29.89		1:02.58		1:35.51		2:07.59
	29.89		32.69		32.93		32.8	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:3, starttime: 10:10	
Heat: 3/4 Lane : 8 Athlete: VINCK TINE							Q-time: 02:09:78	
PB (25m pool): 2:08.20 Temse 26 Nov 2023				PB (50m pool): 2:10.47 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		30.32		1:03.18		1:35.97		2:08.20
	30.32		32.86		32.79		32.23	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:4, starttime: 10:15	
Heat: 4/4 Lane : 7 Athlete: VAN BRABANDT JULIETTE							Q-time: 02:07:13	
PB (25m pool): 2:07.13 Sint-Amandsberg 27 Oct 2024				PB (50m pool): 2:10.74 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		29.44		1:01.62		1:34.43		2:07.13
	29.44		32.18		32.81		32.70	
								

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN										Heat:1, starttime: 10:20	
Heat: 1/8 Lane : 5 Athlete: CLAEYS OSCAR										Q-time: 00:31:75	
PB (25m pool): 31.75 Eeklo 1 Apr 2024										PB (50m pool): 34.09 SB:	
	2 5 M		5 0 M								
PB			31.75								
	31.75										
											

Coach feedback:

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Event number: 21: 50M BREASTSTROKE MEN				Heat:2, starttime: 10:20
Heat: 2/8 Lane : 7 Athlete: RYDANT HANNES				Q-time: 00:31:60
PB (25m pool): 29.75 Eeklo 18 Apr 2022				PB (50m pool): 30.37 SB:
	2 5 M	5 0 M		
PB		29.75		
	29.75			
				

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN				Heat:2, starttime: 10:20
Heat: 2/8 Lane : 7 Athlete: RYDANT HANNES				Q-time: 00:31:60
PB (25m pool): 29.75 Brugge 12 Nov 2016				PB (50m pool): 30.37 SB:
	2 5 M	5 0 M		
PB		29.75		
	29.75			
				

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:2, starttime: 10:30
Heat: 2/6 Lane : 2 Athlete: VAN NIEUWENHOVE LAURIEN					Q-time: 01:15:83
PB (25m pool): 1:13.98 Eeklo 18 Jul 2021					PB (50m pool): 1:16.40 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		35.03		1:13.98	
	35.03		38.95		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:4, starttime: 10:30
Heat: 4/6 Lane : 2 Athlete: RAEMDONCK BENTHE-MARIE					Q-time: 01:13:53
PB (25m pool): 1:11.12 Sint Amandsberg 11 Nov 2023					PB (50m pool): 1:14.27 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.57		1:11.12	
	33.57		37.55		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN					Heat:5, starttime: 10:35
Heat: 5/6 Lane : 5 Athlete: GOBERT LIES					Q-time: 01:09:68
PB (25m pool): 1:09.68 Gent 10 Nov 2024					PB (50m pool): 1:10.44 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.44		1:09.68	
	32.44		37.24		
					

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN					Heat:1, starttime: 10:50
Heat: 1/6 Lane : 2 Athlete: OLDE BIJVANK FEMKE					Q-time: 00:30:41
PB (25m pool): 29.81 Sint Amandsberg 12 Nov 2023					PB (50m pool): 30.13 SB:
	2 5 M	5 0 M			
PB		29.81			
	29.81				
					

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN					Heat:1, starttime: 10:50
Heat: 1/6 Lane : 4 Athlete: LOONES THULINE					Q-time: 00:30:37
PB (25m pool): 30.12 Sint Amandsberg 10 Nov 2019					PB (50m pool): 30.59 SB:
	2 5 M	5 0 M			
PB		30.12			
	30.12				
					

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN					Heat:5, starttime: 10:55
Heat: 5/6 Lane : 5 Athlete: VAN BRABANDT JULIETTE					Q-time: 00:28:21
PB (25m pool): 28.21 Eeklo 21 Sep 2025					PB (50m pool): 28.73 SB:
	2 5 M	5 0 M			
PB		28.21			
	28.21				
					

Coach feedback:

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

Event number: 24: 50M BUTTERFLY WOMEN				Heat:6, starttime: 10:55
Heat: 6/6 Lane : 3 Athlete: MATTHEEUWS LIE				Q-time: 00:28:44
PB (25m pool): 28.44 Gent 23 Feb 2025				PB (50m pool): 28.28 SB:
	2 5 M	5 0 M		
PB		28.44		
	28.44			
				

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:1, starttime: 10:55
Heat: 1/9 Lane : 4 Athlete: LEROUX WOUT					Q-time: 00:54:34
PB (25m pool): 54.34 Aachen (GER) 12 Oct 2025					PB (50m pool): 55.51 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.23		54.34	
	26.23		28.11		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:1, starttime: 10:55
Heat: 1/9 Lane : 5 Athlete: DE JAEGER ANTON					Q-time: 00:57:08
PB (25m pool): 57.08 Gent 23 Feb 2025					PB (50m pool): 58.03 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		27.55		57.08	
	27.55		29.53		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:3, starttime: 11:00
Heat: 3/9 Lane : 1 Athlete: SCHRAM THOR					Q-time: 00:53:50
PB (25m pool): 53.50 Aachen (GER) 12 Oct 2025					PB (50m pool): 55.22 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.01		53.50	
	26.01		27.49		
					

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN					Heat:3, starttime: 11:00
Heat: 3/9 Lane : 5 Athlete: STRUYVELT ARNE					Q-time: 00:53:29
PB (25m pool): 53.29 Gent 23 Feb 2025					PB (50m pool): 53.93 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.80		53.29	
	25.80		27.49		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:6, starttime: 11:05
Heat: 6/9 Lane : 2 Athlete: VANGAMPELAERE MILAN					Q-time: 00:52:13
PB (25m pool): 52.13 Gent 23 Feb 2025					PB (50m pool): 53.97 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.22		52.13	
	25.22		26.91		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:7, starttime: 11:05
Heat: 7/9 Lane : 3 Athlete: DEOLET TIMOTHY					Q-time: 00:50:55
PB (25m pool): 49.04 Gent 18 May 2014					PB (50m pool): 50.38 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		23.75		49.04	
	23.75		25.29		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:8, starttime: 11:05
Heat: 8/9 Lane : 8 Athlete: DE MUL TOM					Q-time: 00:51:78
PB (25m pool): 51.78 Gent 10 Nov 2024					PB (50m pool): 53.24 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.07		51.78	
	25.7		26.71		
					

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN					Heat:9, starttime: 11:05
Heat: 9/9 Lane : 3 Athlete: BAEYE LEON					Q-time: 00:50:18
PB (25m pool): 50.14 Sint-Amandsberg 18 Oct 2025					PB (50m pool): 51.28 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		23.99		50.14	
	23.99		26.15		
					

Coach feedback:

Event number: 27: 4x50M FREESTYLE MIXED							Heat:2, starttime: 11:10	
Heat: 2/2 Lane : 5 Athlete: TEAM MEGA 1							Q-time: 01:39:20	
PB (25m pool):			PB (50m pool): No time 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								
								

Coach feedback: