

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

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

Coaches: Leonard Pierre HEADCOACH

Coaches: Braham Kevin

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 : 4 Athlete: HESSENS TRISTAN							Q-time: 04:06:77	
PB (25m pool): 4:08.59 Crisnee 25 May 2024							PB (50m pool): 4:06.77 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		28.37		59.07				2:01.13
	28.37		30.70				1:02.06	
								
	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				3:04.33				4:08.59
			1:03.20				1:04.26	
								

Coach feedback:

Event number: 16: 400M MEDLEY WOMEN							Heat:2, starttime: 09:25	
Heat: 2/3 Lane : 3 Athlete: GOSUIN AUGUSTINE							Q-time: 05:02:76	
PB (25m pool): 5:00.40 Crisnee 22 Jul 2021							PB (50m pool): 5:06.85 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		31.79		1:10.70		1:47.61		2:24.38
	31.79		38.91		36.91		36.77	
								
	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		3:05.73		3:47.69		4:24.99		5:00.40
	41.35		41.96		37.30		35.41	
								

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN										Heat:3, starttime: 09:40	
Heat: 3/7 Lane : 2 Athlete: ANDRIEN MAXIME										Q-time: 00:28:33	
PB (25m pool): 25.42 Lausanne (SUI) 17 Dec 2016										PB (50m pool): 26.75 SB:	
	2 5 M		5 0 M								
PB			25.42								
	25.42										
											

Coach feedback:

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Event number: 18: 100M BACKSTROKE WOMEN					Heat:5, starttime: 09:50
Heat: 5/6 Lane : 6 Athlete: GILLET ERYNN					Q-time: 01:04:41
PB (25m pool): 1:04.41 Gent 10 Nov 2024					PB (50m pool): 1:05.44 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.75		1:04.41	
	30.75		33.66		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN					Heat:4, starttime: 10:30
Heat: 4/6 Lane : 6 Athlete: GOSUIN AUGUSTINE					Q-time: 01:12:83
PB (25m pool): 1:12.83 Gent 10 Nov 2024					PB (50m pool): 1:13.77 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		34.64		1:12.83	
	34.64		38.19		
					

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN					Heat:5, starttime: 10:55
Heat: 5/6 Lane : 1 Athlete: GILLET MAËLLE					Q-time: 00:29:01
PB (25m pool): 29.16 Braine l'Alleud 30 Mar 2024					PB (50m pool): 29.01 SB:
	2 5 M	5 0 M			
PB		29.16			
	29.16				
					

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN					Heat:6, starttime: 10:55
Heat: 6/6 Lane : 5 Athlete: DE GYNS LILWENN					Q-time: 00:28:10
PB (25m pool): 28.34 Liege 21 Jul 2025					PB (50m pool): 28.10 SB:
	2 5 M	5 0 M			
PB		28.34			
	28.34				
					

Coach feedback: