

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

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!
PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 16: 400M MEDLEY WOMEN							Heat:3, starttime: 09:30	
Heat: 3/3 Lane : 4 Athlete: DUMONT SARAH							Q-time: 04:39:60	
PB (25m pool): 4:39.60 Madrid (ESP) 15 Nov 2024				PB (50m pool): 4:42.44 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		29.69		1:02.34		1:38.64		2:13.79
	29.69		32.65		36.30		35.15	
								
	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		2:55.12		3:36.11		4:08.36		4:39.60
	41.33		40.99		32.25		31.24	
								

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN							Heat:1, starttime: 09:45	
Heat: 1/6 Lane : 6 Athlete: DOHN NINON							Q-time: 01:09:28	
PB (25m pool): 1:09.28 Bastogne 1 Dec 2024				PB (50m pool): 1:09.70 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		33.85		1:09.28				
	33.85		35.43					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:3, starttime: 10:10	
Heat: 3/4 Lane : 4 Athlete: DUMONT SARAH							Q-time: 01:57:72	
PB (25m pool): 1:57.72 Saint-Dizier (F 12 Oct 2025				PB (50m pool): 1:59.50 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		27.97		57.88		1:28.24		1:57.72
	27.97		29.91		30.36		29.48	
								

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN					Heat:5, starttime: 10:35
Heat: 5/6 Lane : 1 Athlete: FONTAINE HELOISE					Q-time: 01:14:00
PB (25m pool): 1:14.00 Gent 10 Nov 2024					PB (50m pool): 1:16.89 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		35.46		1:14.00	
		35.46		38.54	
					

Coach feedback: