

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

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: 15: 400M FREESTYLE MEN							Heat:3, starttime: 09:10	
Heat: 3/4 Lane : 5 Athlete: FRIPPIAT FLORIAN							Q-time: 03:51:25	
PB (25m pool): 3:51.25 Gent (BEL) 9 Nov 2024				PB (50m pool): 4:03.58 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		25.86		54.07		1:23.09		1:52.40
	25.86		28.21		29.2		29.31	
								
	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		2:21.95		2:51.96		3:21.92		3:51.25
	29.55		30.1		29.96		29.33	
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN							Heat:3, starttime: 10:45	
Heat: 3/4 Lane : 4 Athlete: FRIPPIAT FLORIAN							Q-time: 02:00:52	
PB (25m pool): 2:00.52 Gent (BEL) 10 Nov 2024				PB (50m pool): 2:05.53 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		25.82		56.30		1:31.53		2:00.52
	25.82		30.48		35.23		28.99	
								

Coach feedback: