

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

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

Coaches: Lejeune Yves HEADCOACH

Coaches: Lejeune Melanie

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 : 1 Athlete: GANSEMANS KESSY Q-time: 05:08:92

PB (25m pool): 5:08.92 Vilvoorde 18 May 2025 PB (50m pool): 5:15.85 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				1:13.27				
				1:13.27				
								
	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								5:08.92
								3:55.65
								

Coach feedback:

Event number: 16: 400M MEDLEY WOMEN Heat:3, starttime: 09:30

Heat: 3/3 Lane : 2 Athlete: VEDERNIKOVA VERA Q-time: 05:05:09

PB (25m pool): 5:05.09 Leuven 12 Oct 2025 PB (50m pool): No time 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		32.35		1:10.98		1:50.19		2:29.18
		32.35		38.63		39.21		38.99
								
	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		3:12.43		3:56.41		4:32.09		5:05.09
		43.25		43.98		35.68		33.00
								

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN Heat:2, starttime: 09:45

Heat: 2/6 Lane : 2 Athlete: VEDERNIKOVA MARINA Q-time: 01:07:41

PB (25m pool): 1:06.77 Mons 25 Nov 2023 PB (50m pool): 1:09.31 SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.63		1:06.77	
		32.63		34.14	
					

Coach feedback:

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Event number: 19: 200M BUTTERFLY MEN							Heat:3, starttime: 10:00	
Heat: 3/4 Lane : 7 Athlete: VAN SINTEJAN ROMAIN							Q-time: 02:12:55	
PB (25m pool): 2:12.03 Mons 25 Oct 2025				PB (50m pool): 2:14.55 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		29.79		1:04.05		1:38.71		2:12.03
	29.79		34.26		34.66		33.32	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:3, starttime: 10:10	
Heat: 3/4 Lane : 1 Athlete: VEDERNIKOVA VERA							Q-time: 02:07:82	
PB (25m pool): 2:06.79 Mons 26 Oct 2025				PB (50m pool): 2:11.25 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		29.63		1:01.44		1:34.78		2:06.79
	29.63		31.81		33.34		32.01	
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN							Heat:4, starttime: 10:30	
Heat: 4/6 Lane : 7 Athlete: BUDNAK CAROLINA							Q-time: 01:13:78	
PB (25m pool): 1:13.78 Leuven 23 Nov 2024				PB (50m pool): 1:16.14 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		34.72		1:13.78				
	34.72		39.06					
								

Coach feedback: