

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

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

Coaches: Okens Jari HEADCOACH

Coaches: Van Den Broeck Dennis

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 : 1 Athlete: VAN HUMBEECK SEAN							Q-time: 04:04:96	
PB (25m pool): 4:04.96 Gent 9 Nov 2024				PB (50m pool): 4:12.47 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		27.91		58.85		1:30.28		2:01.65
	27.91		30.94		31.43		31.37	
								
	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		2:32.79		3:03.60		3:34.59		4:04.96
	31.14		30.81		30.99		30.37	
								

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN					Heat:5, starttime: 09:50
Heat: 5/6 Lane : 8 Athlete: DALEMANS LYN				Q-time: 01:06:28	
PB (25m pool): 1:06.28 Gent 22 Feb 2025			PB (50m pool): 1:07.85 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.05		1:06.28	
	32.5		34.23		
					

Coach feedback:

Event number: 23: 200M MEDLEY MEN							Heat:3, starttime: 10:45	
Heat: 3/4 Lane : 2 Athlete: VAN HUMBEECK SEAN							Q-time: 02:09:84	
PB (25m pool): 2:09.84 Gent 10 Nov 2024				PB (50m pool): 2:14.72 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		28.36		1:03.13		1:39.91		2:09.84
	28.36		34.77		36.78		29.93	
								

Coach feedback:

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Event number: 24: 50M BUTTERFLY WOMEN			Heat:4, starttime: 10:55
Heat: 4/6 Lane : 2 Athlete: DALEMANS LYN			Q-time: 00:28:90
PB (25m pool): 28.98 Leuven 11 Oct 2025 PB (50m pool): 28.90 SB:			
	2 5 M	5 0 M	
PB		28.98	
	28.98		
			

Coach feedback: