

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

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Martens Carolien HEADCOACH

Coaches: Callebaut Joris

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 18: 100M BACKSTROKE WOMEN Heat:5, starttime: 09:50

Heat: 5/6 Lane : 2 Athlete: BEHAEGHEL JANNE Q-time: 01:05:30

PB (25m pool): 1:05.30 Leuven 24 Nov 2024

PB (50m pool): 1:06.93 SB:

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 31.63     |           | 1:05.30   |  |
|    |           | 31.63     |           | 33.67     |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN Heat:5, starttime: 10:35

Heat: 5/6 Lane : 6 Athlete: CAES OONE Q-time: 01:12:36

PB (25m pool): 1:12.36 Leuven 5 May 2024

PB (50m pool): 1:15.98 SB:

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 33.86     |           | 1:12.36   |  |
|    |           | 33.86     |           | 38.50     |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 24: 50M BUTTERFLY WOMEN Heat:1, starttime: 10:50

Heat: 1/6 Lane : 6 Athlete: BEHAEGHEL JANNE Q-time: 00:30:40

PB (25m pool): 30.40 Leuven 19 Oct 2024

PB (50m pool): 30.55 SB:

|    | 2 5 M     | 5 0 M     |  |
|----|-----------|-----------|--|
| PB |           | 30.40     |  |
|    |           | 30.40     |  |
|    | . . . . . | . . . . . |  |

Coach feedback: