

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

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

Coaches: Dillen Toon HEADCOACH

Coaches: Vereecken Sven

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

Event number: 17: 50M BACKSTROKE MEN			Heat:1, starttime: 09:40
Heat: 1/7 Lane : 4 Athlete: DRIES KLAAS			Q-time: 00:28:80
PB (25m pool): 28.80 Geel 16 Feb 2025			PB (50m pool): 29.34 SB:
	2 5 M	5 0 M	
PB		28.80	
	28.80		
			

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN			Heat:2, starttime: 09:40
Heat: 2/7 Lane : 7 Athlete: HAESENDONCKX JARNE			Q-time: 00:28:68
PB (25m pool): 28.68 Antwerpen 11 Oct 2025			PB (50m pool): 29.76 SB:
	2 5 M	5 0 M	
PB		28.68	
	28.68		
			

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN			Heat:4, starttime: 09:40
Heat: 4/7 Lane : 4 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:27:77
PB (25m pool): 27.77 Geel 16 Feb 2025			PB (50m pool): 28.49 SB:
	2 5 M	5 0 M	
PB		27.77	
	27.77		
			

Coach feedback:

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Event number: 21: 50M BREASTSTROKE MEN						Heat:2, starttime: 10:20	
Heat: 2/8 Lane : 1 Athlete: DRIES KLAAS						Q-time: 00:31:60	
PB (25m pool): 31.60 Geel 15 Feb 2025						PB (50m pool): 33.65 SB:	
	2 5 M		5 0 M				
PB			31.60				
	31.60						
							

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN							Heat:3, starttime: 10:20	
Heat: 3/8 Lane : 6 Athlete: VANTHOURNOUT XANDER							Q-time: 00:30:97	
PB (25m pool): 30.97 Geel 15 Feb 2025							PB (50m pool): 32.07 SB:	
	2 5 M		5 0 M					
PB			30.97					
	30.97							
								

Coach feedback:

Event number: 21: 50M BREASTSTROKE MEN							Heat:8, starttime: 10:25	
Heat: 8/8 Lane : 8 Athlete: VAN BALLAER VIKTOR							Q-time: 00:30:08	
PB (25m pool): 30.08 Antwerpen 11 Oct 2025							PB (50m pool): 31.79 SB:	
	2 5 M		5 0 M					
PB			30.08					
	30.08							
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN				Heat:5, starttime: 10:35	
Heat: 5/6 Lane : 7 Athlete: DILLEN NORAH				Q-time: 01:13:72	
PB (25m pool): 1:13.72 Geel 15 Feb 2025				PB (50m pool): 1:16.04 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		34.75		1:13.72	
	34.75		38.97		
					

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN					Heat:2, starttime: 11:00
Heat: 2/9 Lane : 6 Athlete: VANTHOURNOUT XANDER					Q-time: 00:54:16
PB (25m pool): 54.16 Gent 10 Nov 2024					PB (50m pool): 55.54 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.14		54.16	
	26.14		28.2		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:3, starttime: 11:00
Heat: 3/9 Lane : 4 Athlete: MICHOEL QUINTEN					Q-time: 00:53:23
PB (25m pool): 53.23 Antwerpen 12 Oct 2025					PB (50m pool): 54.45 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.47		53.23	
	25.47		27.76		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:5, starttime: 11:00
Heat: 5/9 Lane : 5 Athlete: VAN BALLAER VIKTOR					Q-time: 00:52:36
PB (25m pool): 52.36 Geel 16 Feb 2025					PB (50m pool): 54.75 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		25.46		52.36	
	25.46		26.90		
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:8, starttime: 11:05
Heat: 8/9 Lane : 5 Athlete: TARASOV YEVHENII					Q-time: 00:49:97
PB (25m pool): 49.97 Geel 16 Feb 2025					PB (50m pool): 51.64 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		23.82		49.97	
	23.82		26.15		
					

Coach feedback: