

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Neiryndck Jan HEADCOACH

PB => Personal Best time

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

| Event number: 17: 50M BACKSTROKE MEN       |           |                          |  | Heat:6, starttime: 09:40 |
|--------------------------------------------|-----------|--------------------------|--|--------------------------|
| Heat: 6/7 Lane : 1 Athlete: VAN EGDOM WOUT |           |                          |  | Q-time: 00:27:26         |
| PB (25m pool): 27.26 Geel 11 Feb 2024      |           | PB (50m pool): 28.23 SB: |  |                          |
|                                            | 2 5 M     | 5 0 M                    |  |                          |
| PB                                         |           | 27.26                    |  |                          |
|                                            |           | 27.26                    |  |                          |
|                                            | . . . . . | . . . . .                |  |                          |

Coach feedback:

| Event number: 18: 100M BACKSTROKE WOMEN    |           |                            |           |           | Heat:4, starttime: 09:50 |
|--------------------------------------------|-----------|----------------------------|-----------|-----------|--------------------------|
| Heat: 4/6 Lane : 2 Athlete: VRANKEN DAGMAR |           |                            |           |           | Q-time: 01:05:37         |
| PB (25m pool): 1:05.37 Geel 11 Feb 2024    |           | PB (50m pool): 1:07.61 SB: |           |           |                          |
|                                            | 2 5 M     | 5 0 M                      | 7 5 M     | 1 0 0 M   |                          |
| PB                                         |           | 31.53                      |           | 1:05.37   |                          |
|                                            |           | 31.53                      |           | 33.84     |                          |
|                                            | . . . . . | . . . . .                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 18: 100M BACKSTROKE WOMEN    |           |                            |           |           | Heat:6, starttime: 09:55 |
|--------------------------------------------|-----------|----------------------------|-----------|-----------|--------------------------|
| Heat: 6/6 Lane : 4 Athlete: VERDONCK FLEUR |           |                            |           |           | Q-time: 01:00:65         |
| PB (25m pool): 1:00.58 Leuven 14 Nov 2021  |           | PB (50m pool): 1:01.01 SB: |           |           |                          |
|                                            | 2 5 M     | 5 0 M                      | 7 5 M     | 1 0 0 M   |                          |
| PB                                         |           | 29.77                      |           | 1:00.58   |                          |
|                                            |           | 29.77                      |           | 30.81     |                          |
|                                            | . . . . . | . . . . .                  | . . . . . | . . . . . |                          |

Coach feedback:

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| Event number: 20: 200M FREESTYLE WOMEN                   |           |           |           |                               |           |           | Heat:3, starttime: 10:10 |           |
|----------------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 6    Athlete: VERDONCK FLEUR         |           |           |           |                               |           |           | Q-time: 02:06:18         |           |
| PB (25m pool): 1:56.63    Sint Amandsberg    11 Nov 2023 |           |           |           | PB (50m pool): 1:59.30    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                                                       |           | 28.02     |           | 57.86                         |           | 1:27.71   |                          | 1:56.63   |
|                                                          | 28.2      |           | 29.84     |                               | 29.85     |           | 28.92                    |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 25: 100M FREESTYLE MEN           |           |  |           |  |                            |  |           |  |  | Heat:9, starttime: 11:05 |  |
|------------------------------------------------|-----------|--|-----------|--|----------------------------|--|-----------|--|--|--------------------------|--|
| Heat: 9/9   Lane : 7   Athlete: VAN EGDOM WOUT |           |  |           |  |                            |  |           |  |  | Q-time: 00:50:95         |  |
| PB (25m pool): 50.95   Heist Op D 11 Jan 2025  |           |  |           |  | PB (50m pool): 52.56   SB: |  |           |  |  |                          |  |
|                                                | 2 5 M     |  | 5 0 M     |  | 7 5 M                      |  | 1 0 0 M   |  |  |                          |  |
| PB                                             |           |  | 24.32     |  |                            |  | 50.95     |  |  |                          |  |
|                                                | 24.32     |  |           |  | 26.63                      |  |           |  |  |                          |  |
|                                                | . . . . . |  | . . . . . |  | . . . . .                  |  | . . . . . |  |  |                          |  |

Coach feedback: