

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

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

Coaches: Meyers Sepp

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

Event number: 19: 200M BUTTERFLY MEN							Heat:4, starttime: 10:05	
Heat: 4/4 Lane : 3 Athlete: LAUREYSSSENS LUKAS							Q-time: 02:07:70	
PB (25m pool): 2:12.63 Gent 10 Nov 2024				PB (50m pool): 2:07.70 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		28.99		1:03.12		1:38.33		2:12.63
	28.99		34.13		35.21		34.30	
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN							Heat:2, starttime: 10:30	
Heat: 2/6 Lane : 5 Athlete: VERCAMMEN FLEUR							Q-time: 01:15:70	
PB (25m pool): 1:15.06 Nijlen 19 Nov 2023				PB (50m pool): 1:15.98 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		35.36		1:15.06				
	35.36		39.70					
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN							Heat:3, starttime: 10:30	
Heat: 3/6 Lane : 1 Athlete: VAN OSTA NOMI						Q-time: 01:15:39		
PB (25m pool): 1:15.39 Herentals 17 May 2025				PB (50m pool): 1:17.45 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		35.49		1:15.39				
	35.49		39.90					
								

Coach feedback:

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Event number: 24: 50M BUTTERFLY WOMEN			Heat:3, starttime: 10:50
Heat: 3/6 Lane : 1 Athlete: VAN OSTA NOMI			Q-time: 00:29:54
PB (25m pool): 29.54 Herentals 17 May 2025			PB (50m pool): 31.17 SB:
	2 5 M	5 0 M	
PB		29.54	
	29.54		
			

Coach feedback:

Event number: 25: 100M FREESTYLE MEN				Heat:6, starttime: 11:05
Heat: 6/9 Lane : 6 Athlete: LAUREYSSSENS LUKAS				Q-time: 00:52:12
PB (25m pool): 52.12 Nijlen 16 Nov 2024				PB (50m pool): 53.09 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		25.29		52.12
	25.29		26.83	
				

Coach feedback: