

OBC 25M 2025: Session: 5: COACH evaluation sheet for TEAM: AQUABLA

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

Coaches: De Smet Grégory HEADCOACH

Coaches: Massart Sébastien

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

Event number: 30: 100M BUTTERFLY WOMEN					Heat:4, starttime: 09:05
Heat: 4/5 Lane : 1 Athlete: LHOIR ELOÏSE					Q-time: 01:05:75
PB (25m pool): 1:05.75 Arras (FRA) 29 Dec 2024					PB (50m pool): 1:07.00 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.76		1:05.75	
	30.76		34.99		
					

Coach feedback:

Event number: 34: 200M BACKSTROKE WOMEN							Heat:4, starttime: 09:45	
Heat: 4/4 Lane : 6 Athlete: DECRAENE SATHEEN							Q-time: 02:21:70	
PB (25m pool): 2:21.70 Mons 26 Oct 2024				PB (50m pool): 2:23.34 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		34.74		1:10.70		1:46.67		2:21.70
	34.74		35.96		35.97		35.03	
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN							Heat:3, starttime: 10:05	
Heat: 3/3 Lane : 6 Athlete: LHOIR ELOÏSE							Q-time: 02:24:77	
PB (25m pool): 2:24.77 Arras (FRA) 30 Dec 2024				PB (50m pool): 2:27.90 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		30.87		1:08.96		1:51.22		2:24.77
	30.87		38.09		42.26		33.55	
								

Coach feedback: