

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Pingnet Olivier HEADCOACH

PB => Personal Best time

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

Event number: 30: 100M BUTTERFLY WOMEN					Heat:3, starttime: 09:05
Heat: 3/5 Lane : 4 Athlete: VAN DE CLOOT ELINA					Q-time: 01:01:76
PB (25m pool): 1:02.79 Aarschot 4 May 2025					PB (50m pool): 1:01.76 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		28.91		1:02.79	
		28.91		33.88	
					

Coach feedback:

Event number: 31: 100M BACKSTROKE MEN					Heat:1, starttime: 09:10
Heat: 1/7 Lane : 5 Athlete: OST RYAN					Q-time: 01:02:58
PB (25m pool): 1:02.58 Aarschot 28 Apr 2024					PB (50m pool): 1:04.13 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.69		1:02.58	
		30.69		31.89	
					

Coach feedback:

Event number: 31: 100M BACKSTROKE MEN					Heat:6, starttime: 09:15
Heat: 6/7 Lane : 5 Athlete: VAN WELLEN JOSEPH					Q-time: 00:57:13
PB (25m pool): 57.13 Gent 9 Nov 2024					PB (50m pool): 58.20 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN							Heat:5, starttime: 09:25	
Heat: 5/5 Lane : 7 Athlete: WILLAERT AYLA							Q-time: 00:33:96	
PB (25m pool): 33.96 Sint-Amandsberg 27 Oct 2024							PB (50m pool): 34.56 SB:	
	2 5 M		5 0 M					
PB			33.96					
	33.96							
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN						Heat:2, starttime: 10:10		
Heat: 2/5 Lane : 7 Athlete: OST RYAN						Q-time: 02:31:24		
PB (25m pool): 2:31.24 Antwerpen 11 Oct 2025			PB (50m pool): 2:42.19 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		33.54		1:11.50		1:51.31		2:31.24
	33.54		37.96		39.81		39.93	
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN						Heat:5, starttime: 10:20		
Heat: 5/5 Lane : 3 Athlete: VAN WELLEN JOSEPH						Q-time: 02:21:35		
PB (25m pool): 2:20.79 Sint-Amandsberg 19 Oct 2025			PB (50m pool): 2:26.28 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		31.33		1:07.32		1:44.65		2:20.79
	31.33		35.99		37.33		36.14	
								

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN							Heat:5, starttime: 10:25		
Heat: 5/8 Lane : 3 Athlete: WILLAERT AYLA							Q-time: 00:58:48		
PB (25m pool): 58.48 Zwevegem 20 May 2024				PB (50m pool): 59.62 SB:					
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			28.27				58.48		
	28.27			30.21					
									

Coach feedback:

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Event number: 38: 100M FREESTYLE WOMEN					Heat:5, starttime: 10:25
Heat: 5/8 Lane : 6 Athlete: VAN DE CLOOT ELINA					Q-time: 00:58:49
PB (25m pool): 58.49 Sint-Amandsberg 26 Oct 2024					PB (50m pool): 59.24 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		28.11		58.49	
	28.11		30.38		
					

Coach feedback:

Event number: 39: 100M MEDLEY MEN					Heat:2, starttime: 10:35
Heat: 2/9 Lane : 3 Athlete: OST RYAN					Q-time: 01:02:18
PB (25m pool): 1:02.18 Hoogstraten 28 Sep 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 39: 100M MEDLEY MEN					Heat:9, starttime: 10:45
Heat: 9/9 Lane : 1 Athlete: VAN WELLEN JOSEPH					Q-time: 01:00:09
PB (25m pool): 58.66 Aachen (GER) 11 Oct 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 40: 800M FREESTYLE WOMEN							Heat:1, starttime: 10:50
Heat: 1/1 Lane : 5 Athlete: GRAHAM JIL							Q-time: 09:07:84
PB (25m pool): 9:07.84 Hasselt 14 Apr 2024							PB (50m pool): 9:18.26 SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M
PB	31.38	1:05.21	1:39.06	2:13.41	2:48.16	3:23.23	3:58.07
	31.38	33.83	33.85	34.35	34.75	35.07	34.84
							
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M
PB	5:06.40	5:40.78	6:15.67	6:50.15	7:24.88	8:00.06	8:34.37
	33.68	34.38	34.89	34.48	34.73	35.18	34.31
							

Coach feedback: