

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Cannaerts Jens

PB => Personal Best time

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

Event number: 32: 50M BREASTSTROKE WOMEN			Heat:4, starttime: 09:25
Heat: 4/5 Lane : 3 Athlete: STRUYF LIESELOT			Q-time: 00:33:53
PB (25m pool): 33.53 Herentals 17 May 2025			PB (50m pool): 34.15 SB:
PB	2 5 M	5 0 M	
		33.53	
	33.53		
			

Coach feedback:

Event number: 35: 50M BUTTERFLY MEN			Heat:3, starttime: 09:55
Heat: 3/6 Lane : 4 Athlete: LEIRS BAVO			Q-time: 00:25:92
PB (25m pool): 25.92 Antwerpen 12 Oct 2025			PB (50m pool): 25.65 SB:
PB	2 5 M	5 0 M	
		25.92	
	25.92		
			

Coach feedback:

Event number: 35: 50M BUTTERFLY MEN			Heat:6, starttime: 09:55
Heat: 6/6 Lane : 5 Athlete: BERGES JENS			Q-time: 00:24:48
PB (25m pool): 24.48 Gent 11 Nov 2024			PB (50m pool): 24.67 SB:
PB	2 5 M	5 0 M	
		24.48	
	24.48		
			

Coach feedback:

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Event number: 39: 100M MEDLEY MEN					Heat:3, starttime: 10:35
Heat: 3/9 Lane : 8 Athlete: LEIRS BAVO					Q-time: 01:02:11
PB (25m pool): 1:01.51 Sint Amandsberg 11 Nov 2023					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		28.35		1:01.51	
	28.35		33.16		
					

Coach feedback: