

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 32: 50M BREASTSTROKE WOMEN

Heat:3, starttime: 09:20

Heat: 3/5 Lane : 6 Athlete: EVENS NOOR

Q-time: 00:33:76

PB (25m pool): 33.76 Gent 11 Nov 2024

PB (50m pool): 34.73 SB:

	2 5 M	5 0 M	
PB		33.76	
		33.76	
			

Coach feedback:

Event number: 33: 200M FREESTYLE MEN

Heat:3, starttime: 09:30

Heat: 3/5 Lane : 8 Athlete: VANGROOTLOON JEF

Q-time: 01:55:53

PB (25m pool): 1:55.53 Hasselt 11 Oct 2025

PB (50m pool): 2:01.05 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		27.04		56.53		1:26.48		1:55.53
		27.04		29.49		29.95		29.05
								

Coach feedback:

Event number: 33: 200M FREESTYLE MEN

Heat:4, starttime: 09:35

Heat: 4/5 Lane : 8 Athlete: VAN DEN HOORN JELLE

Q-time: 01:55:50

PB (25m pool): 1:55.50 Hasselt 11 Oct 2025

PB (50m pool): 1:59.28 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		27.20		56.85		1:26.53		1:55.50
		27.20		29.65		29.68		28.97
								

Coach feedback:

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Event number: 36: 200M MEDLEY WOMEN							Heat:3, starttime: 10:05	
Heat: 3/3 Lane : 2 Athlete: EVENS NOOR							Q-time: 02:25:26	
PB (25m pool): 2:25.26 Hasselt 19 Oct 2024				PB (50m pool): 2:27.71 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		31.62		1:09.67		1:51.48		2:25.26
	31.62		38.05		41.81		33.78	
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN							Heat:2, starttime: 10:10	
Heat: 2/5 Lane : 6 Athlete: CROES MATISSE							Q-time: 02:28:38	
PB (25m pool): 2:28.38 Hasselt 11 Oct 2025				PB (50m pool): No time 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		32.20		1:09.55		1:49.02		2:28.38
	32.20		37.35		39.47		39.36	
								

Coach feedback:

Event number: 39: 100M MEDLEY MEN							Heat:2, starttime: 10:35	
Heat: 2/9 Lane : 4 Athlete: VAN DEN HOORN JELLE							Q-time: 01:02:13	
PB (25m pool): 1:01.01 De Sprink 4 Jun 2023							PB (50m pool): No time SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB								
								

Coach feedback: