

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Lievens Stijn HEADCOACH

PB => Personal Best time

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

Event number: 31: 100M BACKSTROKE MEN

Heat:4, starttime: 09:15

Heat: 4/7 Lane : 5 Athlete: RAES DRIES

Q-time: 00:59:89

PB (25m pool): 59.89 Gent 9 Nov 2024

PB (50m pool): 1:01.61 SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		28.79		59.89	
		28.79		59.89	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN

Heat:1, starttime: 09:20

Heat: 1/5 Lane : 3 Athlete: VERVLOESSEM SISKI

Q-time: 00:36:24

PB (25m pool): 36.24 Herentals 18 May 2024

PB (50m pool): 36.37 SB:

	2 5 M	5 0 M	
PB		36.24	
		36.24	
			

Coach feedback:

Event number: 33: 200M FREESTYLE MEN

Heat:5, starttime: 09:35

Heat: 5/5 Lane : 7 Athlete: AUSLOOS JENS

Q-time: 01:54:47

PB (25m pool): 1:51.47 Aarschot 1 Aug 2022

PB (50m pool): 1:54.98 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		26.36		54.72				1:51.47
		26.36		28.36				56.75
								

Coach feedback:

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Event number: 36: 200M MEDLEY WOMEN							Heat:2, starttime: 10:00	
Heat: 2/3 Lane : 4 Athlete: DELCOMMUNE ZINKE							Q-time: 02:13:96	
PB (25m pool): 2:12.97 Otopeni (ROU) 8 Dec 2023				PB (50m pool): 2:16.00 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		28.82		1:02.52		1:41.14		2:12.97
	28.82		33.70		38.62		31.83	
								

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN							Heat:6, starttime: 10:30	
Heat: 6/8 Lane : 3 Athlete: WOUTERS BRIANA							Q-time: 00:56:84	
PB (25m pool): 56.84 Gent 10 Nov 2024				PB (50m pool): 57.70 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		27.34		56.84				
	27.34		29.50					
								

Coach feedback:

Event number: 39: 100M MEDLEY MEN							Heat:4, starttime: 10:40	
Heat: 4/9 Lane : 5 Athlete: AUSLOOS JENS							Q-time: 01:01:16	
PB (25m pool): 1:00.22 Leuven 12 Nov 2022				PB (50m pool): No time SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		28.53		1:00.22				
	28.53		31.69					
								

Coach feedback: