

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

PB => Personal Best time

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

Event number: 30: 100M BUTTERFLY WOMEN Heat:5, starttime: 09:05

Heat: 5/5 Lane : 8 Athlete: DECOUTERE IMANI Q-time: 01:06:15

PB (25m pool): 1:06.15 Gent 9 Nov 2024 PB (50m pool): 1:05.40 SB:

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 31.02     |           | 1:06.15   |  |
|    |           | 31.2      |           | 35.13     |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN Heat:2, starttime: 09:20

Heat: 2/5 Lane : 3 Athlete: CHRISTIAENS ANNABEL Q-time: 00:34:82

PB (25m pool): 34.82 Brugge 20 Oct 2024 PB (50m pool): 36.04 SB:

|    | 2 5 M     | 5 0 M     |  |
|----|-----------|-----------|--|
| PB |           | 34.82     |  |
|    |           | 34.82     |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

Event number: 34: 200M BACKSTROKE WOMEN Heat:2, starttime: 09:40

Heat: 2/4 Lane : 8 Athlete: DECOUTERE IMANI Q-time: 02:24:85

PB (25m pool): 2:24.85 Diksmuide 11 Oct 2025 PB (50m pool): 2:37.65 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 |           | 33.89     |           | 1:10.66   |           | 1:47.86   |           | 2:24.85   |
|    |           | 33.89     |           | 36.77     |           | 37.20     |           | 36.99     |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

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

| Event number: 37: 200M BREASTSTROKE MEN             |           |           |           |                              |           |           | Heat:2, starttime: 10:10 |           |
|-----------------------------------------------------|-----------|-----------|-----------|------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/5    Lane : 2    Athlete: CHRISTIAENS STIJN |           |           |           |                              |           |           | Q-time: 02:29:18         |           |
| PB (25m pool): 2:25.99   Kortrijk 26 Dec 2022       |           |           |           | PB (50m pool): 2:34.15   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                                                  |           | 32.49     |           | 1:09.60                      |           | 1:47.45   |                          | 2:25.99   |
|                                                     | 32.49     |           | 37.11     |                              | 37.85     |           | 38.54                    |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE MEN          |           |           |           |                               |           |           | Heat:4, starttime: 10:15 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/5    Lane : 7    Athlete: VERELZEN ROBBE |           |           |           |                               |           |           | Q-time: 02:24:29         |           |
| PB (25m pool): 2:24.29    Gent 11 Nov 2024       |           |           |           | PB (50m pool): 2:29.33    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                                               |           | 31.59     |           | 1:07.70                       |           | 1:45.81   |                          | 2:24.29   |
|                                                  | 31.59     |           | 36.11     |                               | 38.11     |           | 38.48                    |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 38: 100M FREESTYLE WOMEN                |       |       |       |         |  |  | Heat:2, starttime: 10:25      |  |
|-------------------------------------------------------|-------|-------|-------|---------|--|--|-------------------------------|--|
| Heat: 2/8    Lane : 3    Athlete: CHRISTIAENS ANNABEL |       |       |       |         |  |  | Q-time: 01:00:13              |  |
| PB (25m pool): 1:00.08    Ettelbruck (LUX 16 Apr 2023 |       |       |       |         |  |  | PB (50m pool): 1:00.13    SB: |  |
|                                                       | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M |  |  |                               |  |
| PB                                                    |       | 29.43 |       | 1:00.08 |  |  |                               |  |
|                                                       | 29.43 |       | 30.65 |         |  |  |                               |  |
|                                                       | ..... | ..... | ..... | .....   |  |  |                               |  |

Coach feedback:

| Event number: 38: 100M FREESTYLE WOMEN              |           |           |           |                             |  |  | Heat:4, starttime: 10:25 |  |
|-----------------------------------------------------|-----------|-----------|-----------|-----------------------------|--|--|--------------------------|--|
| Heat: 4/8    Lane : 2    Athlete: CHRISTIAENS JUTTA |           |           |           |                             |  |  | Q-time: 00:59:20         |  |
| PB (25m pool): 59.20    Nijlen 16 Nov 2024          |           |           |           | PB (50m pool): 59.54    SB: |  |  |                          |  |
|                                                     | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                     |  |  |                          |  |
| PB                                                  |           | 28.78     |           | 59.20                       |  |  |                          |  |
|                                                     | 28.78     |           | 30.42     |                             |  |  |                          |  |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                   |  |  |                          |  |

Coach feedback:

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

| Event number: 39: 100M MEDLEY MEN             |           |           |           |           | Heat:5, starttime: 10:40   |
|-----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 5/9 Lane : 3 Athlete: CHRISTIAENS STIJN |           |           |           |           | Q-time: 01:00:93           |
| PB (25m pool): 1:00.93 Gent 11 Nov 2024       |           |           |           |           | PB (50m pool): No time SB: |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                            |           | 28.70     |           | 1:00.93   |                            |
|                                               | 28.70     |           | 32.23     |           |                            |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 39: 100M MEDLEY MEN           |           |           |           |           | Heat:5, starttime: 10:40   |
|---------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 5/9 Lane : 6 Athlete: DECUPERE CEDRIC |           |           |           |           | Q-time: 01:01:02           |
| PB (25m pool): 1:01.02 Gent 11 Nov 2024     |           |           |           |           | PB (50m pool): No time SB: |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                          |           | 28.41     |           | 1:01.02   |                            |
|                                             | 28.41     |           | 32.61     |           |                            |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback: