

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

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

Teamleadmeeting @

The listed starttimes are indicative!

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 : 8 Athlete: ALBORES-SANCHEZ RAFAEL					Q-time: 01:00:74
PB (25m pool): 1:00.70 Thionville (FRA 1 Nov 2025					PB (50m pool): 1:04.47 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.75		1:00.70	
		29.75		30.95	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN					Heat:5, starttime: 09:25
Heat: 5/5 Lane : 1 Athlete: DELVAUX ELLYNN					Q-time: 00:34:15
PB (25m pool): 34.15 Mons 28 Jun 2025					PB (50m pool): 34.68 SB:
	2 5 M	5 0 M			
PB		34.15			
		34.15			
					

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN							Heat:2, starttime: 10:00
Heat: 2/3 Lane : 6 Athlete: DAVID RYANA							Q-time: 02:25:05
PB (25m pool): 2:23.74 Montlucon (FRA) 9 Dec 2023							PB (50m pool): 2:25.05 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		31.59		1:08.98		1:50.80	2:23.74
		31.59		37.39		41.82	32.94
							

Coach feedback:

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Event number: 36: 200M MEDLEY WOMEN							Heat:3, starttime: 10:05	
Heat: 3/3 Lane : 1 Athlete: DEVILLé HÉLENE							Q-time: 02:26:67	
PB (25m pool): 2:26.67 Embourg 19 May 2024				PB (50m pool): 2:30.77 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		31.66						2:26.67
	31.66							1:55.01
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN							Heat:3, starttime: 10:10	
Heat: 3/5 Lane : 8 Athlete: GARCIA ZAMORA ESTEBAN							Q-time: 02:26:70	
PB (25m pool): 2:28.41 Gent 11 Nov 2024			PB (50m pool): 2:26.70 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		33.90		1:11.84		1:50.63		2:28.41
	33.90		37.94		38.79		37.78	
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN							Heat:5, starttime: 10:20	
Heat: 5/5 Lane : 7 Athlete: GARRAUX ALOÏS							Q-time: 02:23:73	
PB (25m pool): 2:23.73 Gent 11 Nov 2024				PB (50m pool): 2:27.90 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		32.33		1:08.87		1:46.55		2:23.73
	32.33		36.54		37.68		37.18	
								

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN							Heat:5, starttime: 10:25	
Heat: 5/8 Lane : 2 Athlete: DAVID RYANA							Q-time: 00:58:51	
PB (25m pool): 58.51 Leuven 24 Nov 2024				PB (50m pool): 59.42 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		28.26		58.51				
	28.26		30.25					
								

Coach feedback:

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Event number: 39: 100M MEDLEY MEN					Heat:2, starttime: 10:35
Heat: 2/9 Lane : 5 Athlete: GARRAUX ALOÏS					Q-time: 01:02:17
PB (25m pool): 1:02.17 Embourg 2 Nov 2024					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:3, starttime: 10:35
Heat: 3/9 Lane : 5 Athlete: GARCIA ZAMORA ESTEBAN					Q-time: 01:01:47
PB (25m pool): 1:01.47 Embourg 18 May 2025					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback: