

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

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Lejeune Yves HEADCOACH

Coaches: Lejeune Melanie

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

| Event number: 30: 100M BUTTERFLY WOMEN       |           |           |           |           | Heat:3, starttime: 09:05   |
|----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 3/5 Lane : 1 Athlete: VEDERNIKOVA VERA |           |           |           |           | Q-time: 01:06:12           |
| PB (25m pool): 1:05.08 Mons 25 Oct 2025      |           |           |           |           | PB (50m pool): 1:08.12 SB: |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                           |           | 30.73     |           | 1:05.08   |                            |
|                                              | 30.73     |           | 34.35     |           |                            |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 32: 50M BREASTSTROKE WOMEN    |           |           |  |  | Heat:3, starttime: 09:20 |
|---------------------------------------------|-----------|-----------|--|--|--------------------------|
| Heat: 3/5 Lane : 2 Athlete: BUDNAK CAROLINA |           |           |  |  | Q-time: 00:33:96         |
| PB (25m pool): 33.96 Gent 11 Nov 2024       |           |           |  |  | PB (50m pool): 34.37 SB: |
|                                             | 2 5 M     | 5 0 M     |  |  |                          |
| PB                                          |           | 33.96     |  |  |                          |
|                                             | 33.96     |           |  |  |                          |
|                                             | . . . . . | . . . . . |  |  |                          |

Coach feedback:

| Event number: 34: 200M BACKSTROKE WOMEN              |           |           |           |                               |           |           | Heat:3, starttime: 09:45 |           |
|------------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 8    Athlete: VEDERNIKOVA MARINA |           |           |           |                               |           |           | Q-time: 02:24:33         |           |
| PB (25m pool): 2:24.33    Vilvoorde 23 Mar 2025      |           |           |           | PB (50m pool): 2:31.96    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                                                   |           | 33.51     |           | 1:09.90                       |           |           |                          | 2:24.33   |
|                                                      | 33.51     |           | 36.39     |                               |           |           | 1:14.43                  |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 36: 200M MEDLEY WOMEN                                                          |           |           |           |           |           |           | Heat:3, starttime: 10:05 |           |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 7    Athlete: VEDERNIKOVA VERA                                           |           |           |           |           |           |           | Q-time: 02:25:89         |           |
| PB (25m pool): 2:25.89    Kapelle-op-den-Bos    21 Apr 2025    PB (50m pool): 2:33.03    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                                                                                           |           | 30.84     |           |           |           |           |                          | 2:25.89   |
|                                                                                              | 30.84     |           |           |           |           | 1:55.05   |                          |           |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 38: 100M FREESTYLE WOMEN             |           |  |           |  |           |  |           |  |  | Heat:3, starttime: 10:25      |  |
|----------------------------------------------------|-----------|--|-----------|--|-----------|--|-----------|--|--|-------------------------------|--|
| Heat: 3/8    Lane : 7    Athlete: VEDERNIKOVA VERA |           |  |           |  |           |  |           |  |  | Q-time: 00:59:59              |  |
| PB (25m pool): 59.02    Mons 25 Oct 2025           |           |  |           |  |           |  |           |  |  | PB (50m pool): 1:01.89    SB: |  |
|                                                    | 2 5 M     |  | 5 0 M     |  | 7 5 M     |  | 1 0 0 M   |  |  |                               |  |
| PB                                                 |           |  | 28.36     |  |           |  | 59.02     |  |  |                               |  |
|                                                    | 28.36     |  |           |  | 30.66     |  |           |  |  |                               |  |
|                                                    | . . . . . |  | . . . . . |  | . . . . . |  | . . . . . |  |  |                               |  |

Coach feedback: