

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

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

Coaches: Okens Jari HEADCOACH

Coaches: Van Den Broeck Dennis

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

Event number: 33: 200M FREESTYLE MEN							Heat:2, starttime: 09:30	
Heat: 2/5 Lane : 6 Athlete: VAN HUMBEECK SEAN							Q-time: 01:56:06	
PB (25m pool): 1:56.06 Gent 11 Nov 2024				PB (50m pool): 2:01.44 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		26.96		56.52		1:26.47		1:56.06
	26.96		29.56		29.95		29.59	
								

Coach feedback:

Event number: 34: 200M BACKSTROKE WOMEN							Heat:2, starttime: 09:40	
Heat: 2/4 Lane : 6 Athlete: DALEMANS LYN							Q-time: 02:22:07	
PB (25m pool): 2:22.07 Leuven 11 Oct 2025				PB (50m pool): 2:25.96 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		34.62		1:11.05		1:47.26		2:22.07
	34.62		36.43		36.21		34.81	
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN							Heat:3, starttime: 10:10	
Heat: 3/5 Lane : 7 Athlete: VAN HUMBEECK SEAN							Q-time: 02:24:54	
PB (25m pool): 2:21.97 Sint Amandsberg 11 Nov 2023				PB (50m pool): 2:30.84 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		31.40		1:07.57		1:44.96		2:21.97
	31.40		36.17		37.39		37.1	
								

Coach feedback:

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Event number: 38: 100M FREESTYLE WOMEN					Heat:6, starttime: 10:30
Heat: 6/8 Lane : 8 Athlete: DALEMANS LYN					Q-time: 00:58:38
PB (25m pool): 58.38 Geel 10 Feb 2024					PB (50m pool): 59.03 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		27.76		58.38	
	27.76		30.62		
					

Coach feedback: