

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

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

Coaches: Dillen Toon HEADCOACH

Coaches: Vereecken Sven

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

| Event number: 31: 100M BACKSTROKE MEN   |           |           |           |           | Heat:3, starttime: 09:10   |
|-----------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 3/7 Lane : 2 Athlete: DRIES KLAAS |           |           |           |           | Q-time: 01:01:32           |
| PB (25m pool): 1:01.32 Geel 15 Feb 2025 |           |           |           |           | PB (50m pool): 1:03.33 SB: |
|                                         | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                      |           | 29.56     |           | 1:01.32   |                            |
|                                         | 29.56     |           | 31.76     |           |                            |
|                                         | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 31: 100M BACKSTROKE MEN          |           |           |           |           | Heat:3, starttime: 09:10   |
|------------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 3/7 Lane : 7 Athlete: HAESENDONCKX JARNE |           |           |           |           | Q-time: 01:01:33           |
| PB (25m pool): 1:01.33 Geel 15 Feb 2025        |           |           |           |           | PB (50m pool): 1:04.19 SB: |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                             |           | 29.55     |           | 1:01.33   |                            |
|                                                | 29.55     |           | 31.78     |           |                            |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

| Event number: 31: 100M BACKSTROKE MEN            |           |           |           |           | Heat:6, starttime: 09:15   |
|--------------------------------------------------|-----------|-----------|-----------|-----------|----------------------------|
| Heat: 6/7 Lane : 1 Athlete: VAN TILBURG MATTHIAS |           |           |           |           | Q-time: 00:59:44           |
| PB (25m pool): 59.44 Geel 15 Feb 2025            |           |           |           |           | PB (50m pool): 1:01.36 SB: |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                            |
| PB                                               |           | 28.39     |           | 59.44     |                            |
|                                                  | 28.39     |           | 31.05     |           |                            |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                            |

Coach feedback:

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| Event number: 32: 50M BREASTSTROKE WOMEN       |           |  |           |  |  |  | Heat:4, starttime: 09:25    |  |
|------------------------------------------------|-----------|--|-----------|--|--|--|-----------------------------|--|
| Heat: 4/5    Lane : 8    Athlete: DILLEN NORAH |           |  |           |  |  |  | Q-time: 00:34:61            |  |
| PB (25m pool): 34.61    Geel 16 Feb 2025       |           |  |           |  |  |  | PB (50m pool): 35.28    SB: |  |
|                                                | 2 5 M     |  | 5 0 M     |  |  |  |                             |  |
| PB                                             |           |  | 34.61     |  |  |  |                             |  |
|                                                | 34.61     |  |           |  |  |  |                             |  |
|                                                | . . . . . |  | . . . . . |  |  |  |                             |  |

Coach feedback:

| Event number: 35: 50M BUTTERFLY MEN               |           |  |           |  |  |  |  |  |  | Heat:3, starttime: 09:55    |  |
|---------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-----------------------------|--|
| Heat: 3/6    Lane : 8    Athlete: MICHOEL QUINTEN |           |  |           |  |  |  |  |  |  | Q-time: 00:26:19            |  |
| PB (25m pool): 26.19    Geel 16 Feb 2025          |           |  |           |  |  |  |  |  |  | PB (50m pool): 26.61    SB: |  |
|                                                   | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                             |  |
| PB                                                |           |  | 26.19     |  |  |  |  |  |  |                             |  |
|                                                   | 26.19     |  |           |  |  |  |  |  |  |                             |  |
|                                                   | . . . . . |  | . . . . . |  |  |  |  |  |  |                             |  |

Coach feedback:

| Event number: 35: 50M BUTTERFLY MEN                |           |  |           |  |  | Heat:4, starttime: 09:55    |  |
|----------------------------------------------------|-----------|--|-----------|--|--|-----------------------------|--|
| Heat: 4/6    Lane : 4    Athlete: TARASOV YEVHENII |           |  |           |  |  | Q-time: 00:24:45            |  |
| PB (25m pool): 24.45    Gent 11 Nov 2024           |           |  |           |  |  | PB (50m pool): 25.03    SB: |  |
|                                                    | 2 5 M     |  | 5 0 M     |  |  |                             |  |
| PB                                                 |           |  | 24.45     |  |  |                             |  |
|                                                    | 24.45     |  |           |  |  |                             |  |
|                                                    | . . . . . |  | . . . . . |  |  |                             |  |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE MEN        |           |           |           |                        |           | Heat:2, starttime: 10:10 |           |           |
|------------------------------------------------|-----------|-----------|-----------|------------------------|-----------|--------------------------|-----------|-----------|
| Heat: 2/5 Lane : 5 Athlete: VAN BALLAER VIKTOR |           |           |           |                        |           | Q-time: 02:26:88         |           |           |
| PB (25m pool): 2:26.88 Antwerpen 11 Oct 2025   |           |           |           | PB (50m pool): 2:35.34 |           | 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                                             |           | 32.50     |           | 1:09.58                |           | 1:47.96                  |           | 2:26.88   |
|                                                | 32.50     |           | 37.08     |                        | 38.38     |                          | 38.92     |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .              | . . . . . | . . . . .                | . . . . . | . . . . . |

Coach feedback:

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| Event number: 39: 100M MEDLEY MEN               |       |       |       |         | Heat:2, starttime: 10:35   |
|-------------------------------------------------|-------|-------|-------|---------|----------------------------|
| Heat: 2/9 Lane : 6 Athlete: VANTHOURNOUT XANDER |       |       |       |         | Q-time: 01:02:24           |
| PB (25m pool): 1:02.24 Geel 15 Feb 2025         |       |       |       |         | PB (50m pool): No time SB: |
|                                                 | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M |                            |
| PB                                              |       | 29.05 |       | 1:02.24 |                            |
|                                                 | 29.05 |       | 33.19 |         |                            |
|                                                 | ..... | ..... | ..... | .....   |                            |

Coach feedback:

| Event number: 39: 100M MEDLEY MEN       |       |       |       |         | Heat:3, starttime: 10:35   |
|-----------------------------------------|-------|-------|-------|---------|----------------------------|
| Heat: 3/9 Lane : 7 Athlete: DRIES KLAAS |       |       |       |         | Q-time: 01:02:02           |
| PB (25m pool): 1:02.02 Geel 15 Feb 2025 |       |       |       |         | PB (50m pool): No time SB: |
|                                         | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M |                            |
| PB                                      |       | 28.83 |       | 1:02.02 |                            |
|                                         | 28.83 |       | 33.19 |         |                            |
|                                         | ..... | ..... | ..... | .....   |                            |

Coach feedback:

| Event number: 39: 100M MEDLEY MEN            |       |       |       |         | Heat:4, starttime: 10:40   |
|----------------------------------------------|-------|-------|-------|---------|----------------------------|
| Heat: 4/9 Lane : 2 Athlete: MICHOEL QUINTEN  |       |       |       |         | Q-time: 01:01:24           |
| PB (25m pool): 1:01.24 Herentals 17 May 2025 |       |       |       |         | PB (50m pool): No time SB: |
|                                              | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M |                            |
| PB                                           |       | 28.00 |       | 1:01.24 |                            |
|                                              | 28.00 |       | 33.24 |         |                            |
|                                              | ..... | ..... | ..... | .....   |                            |

Coach feedback:

| Event number: 39: 100M MEDLEY MEN              |       |       |       |         | Heat:8, starttime: 10:45   |
|------------------------------------------------|-------|-------|-------|---------|----------------------------|
| Heat: 8/9 Lane : 1 Athlete: VAN BALLAER VIKTOR |       |       |       |         | Q-time: 01:00:11           |
| PB (25m pool): 1:00.11 Geel 15 Feb 2025        |       |       |       |         | PB (50m pool): No time SB: |
|                                                | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M |                            |
| PB                                             |       | 28.91 |       | 1:00.11 |                            |
|                                                | 28.91 |       | 31.20 |         |                            |
|                                                | ..... | ..... | ..... | .....   |                            |

Coach feedback:

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|                                                    |           |           |           |           |                               |  |
|----------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------|--|
| Event number: 39: 100M MEDLEY MEN                  |           |           |           |           | Heat:9, starttime: 10:45      |  |
| Heat: 9/9    Lane : 3    Athlete: TARASOV YEVHENII |           |           |           |           | Q-time: 00:56:96              |  |
| PB (25m pool): 56.96    Geel 15 Feb 2025           |           |           |           |           | PB (50m pool): No time    SB: |  |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                               |  |
| PB                                                 |           | 27.56     |           | 56.96     |                               |  |
|                                                    | 27.56     |           | 29.40     |           |                               |  |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                               |  |

Coach feedback: