

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

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:2, starttime: 09:10

Heat: 2/7 Lane : 6 Athlete: VERROKEN GERBEN

Q-time: 01:02:00

PB (25m pool): 1:01.23 Leuven 11 Oct 2025

PB (50m pool): 1:03.44 SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		30.37		1:01.23	
		30.37		30.86	
					

Coach feedback:

Event number: 31: 100M BACKSTROKE MEN

Heat:3, starttime: 09:10

Heat: 3/7 Lane : 5 Athlete: VOLCKAERT MATTHIAS

Q-time: 01:01:15

PB (25m pool): 1:01.15 Temse 22 Dec 2024

PB (50m pool): 1:03.09 SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.66		1:01.15	
		29.66		31.49	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN

Heat:4, starttime: 09:25

Heat: 4/5 Lane : 6 Athlete: DONIN MANON

Q-time: 00:33:73

PB (25m pool): 33.73 Hannuit 18 Jan 2025

PB (50m pool): 34.24 SB:

	2 5 M	5 0 M	
PB		33.73	
		33.73	
			

Coach feedback:

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

Event number: 37: 200M BREASTSTROKE MEN							Heat:1, starttime: 10:05	
Heat: 1/5 Lane : 3 Athlete: VERROKEN GERBEN							Q-time: 02:33:24	
PB (25m pool): 2:31.28 Leuven 25 Feb 2024				PB (50m pool): 2:36.33 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		34.59		1:14.07		1:53.19		2:31.28
	34.59		39.48		39.12		38.09	
								

Coach feedback:

Event number: 37: 200M BREASTSTROKE MEN							Heat:1, starttime: 10:05	
Heat: 1/5 Lane : 4 Athlete: DE PEYPER NOAH							Q-time: 02:31:27	
PB (25m pool): 2:31.27 Temse 22 Dec 2024				PB (50m pool): 2:39.80 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		34.36		1:12.57		1:52.21		2:31.27
	34.36		38.21		39.64		39.06	
								

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN							Heat:3, starttime: 10:25	
Heat: 3/8 Lane : 4 Athlete: DE BACKER BIRGIT							Q-time: 00:59:43	
PB (25m pool): 59.43 Zaventem 15 Jul 2025				PB (50m pool): 1:00.41 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		28.82		59.43				
	28.82		30.61					
								

Coach feedback:

Event number: 39: 100M MEDLEY MEN										Heat:3, starttime: 10:35	
Heat: 3/9 Lane : 1 Athlete: VERROKEN GERBEN										Q-time: 01:02:07	
PB (25m pool): 1:02.07 Kapelle-op-den-Bos 21 Apr 2025										PB (50m pool): No time SB:	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB											
											

Coach feedback:

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Event number: 39: 100M MEDLEY MEN					Heat:4, starttime: 10:40				
Heat: 4/9 Lane : 1 Athlete: VOLCKAERT MATTHIAS					Q-time: 01:01:38				
PB (25m pool): 1:01.38 Hannuit 18 Jan 2025					PB (50m pool): No time SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB									
									

Coach feedback: