

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

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

Coaches: Neiryneck Jan HEADCOACH

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

Event number: 33: 200M FREESTYLE MEN							Heat:4, starttime: 09:35	
Heat: 4/5 Lane : 6 Athlete: VAN EGDOM WOUT							Q-time: 01:51:23	
PB (25m pool): 1:51.23 Gent 11 Nov 2024				PB (50m pool): 1:55.00 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		25.69		54.03		1:22.80		1:51.23
	25.69		28.34		28.77		28.43	
								

Coach feedback:

Event number: 34: 200M BACKSTROKE WOMEN							Heat:3, starttime: 09:45	
Heat: 3/4 Lane : 5 Athlete: VERDONCK FLEUR							Q-time: 02:16:23	
PB (25m pool): 2:10.73 Leuven 13 Nov 2021				PB (50m pool): 2:18.17 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		31.47		1:04.88		1:38.57		2:10.73
	31.47		33.41		33.69		32.16	
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN							Heat:1, starttime: 09:55	
Heat: 1/3 Lane : 4 Athlete: VERDONCK FLEUR							Q-time: 02:19:08	
PB (25m pool): 2:16.59 Sint Amandsberg 11 Nov 2023				PB (50m pool): 2:15.33 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		29.73		1:06.29		1:45.13		2:16.59
	29.73		36.56		38.84		31.46	
								

Coach feedback:

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Event number: 39: 100M MEDLEY MEN					Heat:9, starttime: 10:45
Heat: 9/9 Lane : 7 Athlete: VAN EGDOM WOUT					Q-time: 00:59:06
PB (25m pool): 59.06 Herentals 18 May 2024					PB (50m pool): No time SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		26.78		59.06	
	26.78		32.28		
					

Coach feedback: