

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

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Meyers Sepp

PB => Personal Best time

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

Event number: 32: 50M BREASTSTROKE WOMEN				Heat:2, starttime: 09:20
Heat: 2/5 Lane : 7 Athlete: VAN OSTA NOMI				Q-time: 00:34:98
PB (25m pool): 34.38 Nijlen 19 Nov 2022		PB (50m pool): 34.77 SB:		
	2 5 M	5 0 M		
PB		34.38		
	34.38			
				

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN				Heat:4, starttime: 09:25
Heat: 4/5 Lane : 7 Athlete: VERCAMMEN FLEUR				Q-time: 00:34:05
PB (25m pool): 35.50 Kapellen 3 Nov 2024		PB (50m pool): 34.05 SB:		
	2 5 M	5 0 M		
PB		35.50		
	35.50			
				

Coach feedback:

Event number: 33: 200M FREESTYLE MEN							Heat:5, starttime: 09:35	
Heat: 5/5 Lane : 1 Athlete: LAUREYSSSENS LUKAS							Q-time: 01:54:79	
PB (25m pool): 1:53.21 Antwerpen 11 Oct 2025				PB (50m pool): 1:54.79 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		26.24		55.13		1:24.76		1:53.21
	26.24		28.89		29.63		28.45	
								

Coach feedback:

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Event number: 39: 100M MEDLEY MEN					Heat:6, starttime: 10:40				
Heat: 6/9 Lane : 6 Athlete: LAUREYSSSENS LUKAS					Q-time: 01:00:74				
PB (25m pool): 1:00.74 Kapellen 3 Nov 2024					PB (50m pool): No time SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB									
									

Coach feedback: