

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Coachinfo: Warming up from: 08:00 untill 08:55. Teamleadmeeting @ 08:15 The listed starttimes are indicative!

Coaches: Lejeune Yves

Coaches: Lejeune Melanie

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

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:04	
Heat: 2/9 Lane : 1 Athlete: BUDNAK CAROLINA							Q-time: 99:99:99	
PB (25m pool): 02:17.88 Waterloo 03/06/2023				PB (50m pool): 02:24.95 SB: no time				
	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		no time		no time		no time		02:17.88
	no time							
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 09:23	
Heat: 7/9 Lane : 3 Athlete: EL MARGOUM INES							Q-time: 02:16:95	
PB (25m pool): 02:18.74 Leuven 12/10/2025				PB (50m pool): no time SB: 02:18.74 Leuven 12/10/2025				
	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		00:32.05		01:06.44		01:42.65		02:18.74
	00:32.05		00:34.39		00:36.21		00:36.09	
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 09:29	
Heat: 9/9 Lane : 2 Athlete: MASAITE MILDA							Q-time: 02:21:72	
PB (25m pool): 02:21.72 Leuven 12/10/2025				PB (50m pool): 02:27.48SB: 02:21.72 Leuven 12/10/2025				
	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		00:33.04		01:10.09		01:46.72		02:21.72
	00:33.04		00:37.05		00:36.63		00:35.00	
								

Coach feedback:

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 09:29	
Heat: 9/9 Lane : 3 Athlete: VEDERNIKOVA VERA							Q-time: 02:06:79	
PB (25m pool): 02:06.79 Mons 26/10/2025				PB (50m pool): 02:11.25SB: 02:06.79 Mons 26/10/2025				
	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		00:29.63		01:01.44		01:34.78		02:06.79
	00:29.63		00:31.81		00:33.34		00:32.01	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:6, starttime: 09:52	
Heat: 6/9 Lane : 5 Athlete: BEUSELINCK LIAM							Q-time: 02:26:02	
PB (25m pool): 02:26.02 Leuven 12/10/2025				PB (50m pool): no time SB: 02:26.02 Leuven 12/10/2025				
	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		00:34.94		01:13.12		01:50.27		02:26.02
	00:34.94		00:38.18		00:37.15		00:35.75	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:58	
Heat: 8/9 Lane : 3 Athlete: GENIN ALEXANDRE							Q-time: 02:00:38	
PB (25m pool): 02:00.38 Vilvoorde 18/05/2025				PB (50m pool): 02:02.49SB: 02:00.79 Mons 26/10/2025				
	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		00:27.91		00:57.95		no time		02:00.38
	00:27.91		00:30.04					
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:58	
Heat: 8/9 Lane : 4 Athlete: LASCARACHE CHRISTIAN							Q-time: 02:04:77	
PB (25m pool): 02:04.77 Leuven 12/10/2025				PB (50m pool): 02:09.41 SB: 02:04.77 Leuven 12/10/2025				
	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		00:29.09		01:00.88		01:33.38		02:04.77
	00:29.09		00:31.79		00:32.50		00:31.39	
								

Coach feedback:

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 2: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:58	
Heat: 8/9 Lane : 5 Athlete: MASAITIS MANTAS							Q-time: 02:10:17	
PB (25m pool): 02:09.51 Mons 27/10/2024				PB (50m pool): 02:13.90SB: 02:10.17 Leuven 12/10/2025				
	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		00:30.31		01:03.36		01:37.01		02:09.51
	00:30.31		00:33.05		00:33.65		00:32.50	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:9, starttime: 10:00	
Heat: 9/9 Lane : 5 Athlete: VAN SINTEJAN ROMAIN							Q-time: 02:07:01	
PB (25m pool): 02:06.29 Mons 27/10/2024				PB (50m pool): 02:11.44 SB: no time				
	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		00:28.66		01:01.06		01:34.14		02:06.29
	00:28.66		00:32.40		00:33.08		00:32.15	
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 10:04
Heat: 1/5 Lane : 2 Athlete: BEUSELINCK LOUIS				Q-time: 99:99:99	
PB (25m pool): no time		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 10:06
Heat: 2/5 Lane : 4 Athlete: ANTUNES ALICIA				Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 10:06
Heat: 2/5 Lane : 5 Athlete: GOLKIN ELÉONORE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:4, starttime: 10:12
Heat: 4/5 Lane : 2 Athlete: CARPENTIERES ALIOTH					Q-time: 02:00:74
PB (25m pool): 02:00.74 Mons 26/10/2025					PB (50m pool): no time SB: 02:00.74 Mons 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.06		02:00.74	
	00:56.06 01:04.68				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+						Heat:4, starttime: 10:31		
Heat: 4/5 Lane : 3 Athlete: GANSEMANS KESSY						Q-time: 02:43:12		
PB (25m pool): 02:43.12 ARRAS 29/12/2025						PB (50m pool): 02:47.21 SB: 02:43.12 ARRAS 29/12/2025		
	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		00:36.31		01:17.75		02:00.55		02:43.12
	00:36.31 00:41.44 00:42.80 00:42.57							
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+						Heat:5, starttime: 10:35		
Heat: 5/5 Lane : 3 Athlete: BUDNAK CAROLINA						Q-time: 02:38:98		
PB (25m pool): 02:38.98 Gent 09/11/2025						PB (50m pool): 02:47.23 SB: 02:38.98 Gent 09/11/2025		
	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		00:36.31		01:16.66		01:57.48		02:38.98
	00:36.31 00:40.35 00:40.82 00:41.50							
								

Coach feedback:

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Event number: 5: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 10:40	
Heat: 1/5 Lane : 4 Athlete: MASAITIS MANTAS							Q-time: 99:99:99	
PB (25m pool): 02:53.49 Braine l'Alleud 31/03/2024				PB (50m pool): 03:08.21 SB: no time				
	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		no time		no time		no time		02:53.49
	no time							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 10:53	
Heat: 4/5 Lane : 1 Athlete: BEUSELINCK LIAM							Q-time: 03:17:63	
PB (25m pool): 03:17.63 Vilvoorde 23/03/2025				PB (50m pool): no time SB: no time				
	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		00:46.16		01:36.95		no time		03:17.63
	00:46.16		00:50.79					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:06	
Heat: 2/6 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 99:99:99	
PB (25m pool): 02:32.96 Braine l'Alleud 31/03/2024				PB (50m pool): no time SB: no time				
	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		no time		no time		no time		02:32.96
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:16	
Heat: 4/6 Lane : 3 Athlete: MASAITE MILDA							Q-time: 02:35:68	
PB (25m pool): 02:35.68 ARRAS 29/12/2025				PB (50m pool): 02:41.14 SB: 02:35.68 ARRAS 29/12/2025				
	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		00:36.55		01:16.48		01:57.43		02:35.68
	00:36.55		00:39.93		00:40.95		00:38.25	
								

Coach feedback:

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:25	
Heat: 6/6 Lane : 3 Athlete: GANSEMANS KESSY							Q-time: 02:26:13	
PB (25m pool): 02:26.13 Mons 26/10/2025				PB (50m pool): 02:32.43 SB: 02:26.13 Mons 26/10/2025				
	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		00:34.65		01:11.69		01:49.15		02:26.13
	00:34.65		00:37.04		00:37.46		00:36.98	
								

Coach feedback:

Event number: 8: 100M FREESTYLE MIXED 10-9							Heat:5, starttime: 12:05		
Heat: 5/5 Lane : 1 Athlete: WAUTERS NATHAN							Q-time: 01:23:74		
PB (25m pool): 01:23.74 Tremelo 18/01/2026				PB (50m pool): no time SB: 01:23.74 Tremelo 18/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:40.30		01:23.74					
	00:40.30		00:43.44						
									

Coach feedback:

Event number: 8: 100M FREESTYLE MIXED 10-9							Heat:5, starttime: 12:05		
Heat: 5/5 Lane : 2 Athlete: OLIVEIRA NUNEZ NOAH DAVID							Q-time: 01:23:15		
PB (25m pool): 01:23.15 Tremelo 18/01/2026				PB (50m pool): 01:23.49SB: 01:23.15 Tremelo 18/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:39.11		01:23.15					
	00:39.11		00:44.04						
									

Coach feedback:

Event number: 8: 100M FREESTYLE MIXED 10-9							Heat:5, starttime: 12:05				
Heat: 5/5 Lane : 5 Athlete: STALMANS HUGO							Q-time: 01:23:19				
PB (25m pool): 01:23.19 Tremelo 18/01/2026				PB (50m pool): no time SB: 01:23.19 Tremelo 18/01/2026							
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:38.43				01:23.19				
	00:38.43				00:44.76						
											

Coach feedback:

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 12:23	
Heat: 5/7 Lane : 4 Athlete: EL MARGOUM INES							Q-time: 02:38:09	
PB (25m pool): 02:42.32 Vilvoorde 05/10/2025				PB (50m pool): 02:43.24 SB: 02:42.32 Vilvoorde 05/10/2025				
	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		00:33.07		no time		no time		02:42.32
	00:33.07							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 12:23	
Heat: 5/7 Lane : 5 Athlete: MASAITE MILDA							Q-time: 02:46:23	
PB (25m pool): 02:46.23 Vilvoorde 05/10/2025				PB (50m pool): 02:50.14 SB: 02:46.23 Vilvoorde 05/10/2025				
	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		00:37.78		no time		no time		02:46.23
	00:37.78							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 12:27	
Heat: 6/7 Lane : 3 Athlete: GANSEMANS KESSY							Q-time: 02:28:47	
PB (25m pool): 02:28.47 Vilvoorde 05/10/2025				PB (50m pool): 02:29.86 SB: 02:28.47 Vilvoorde 05/10/2025				
	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		00:33.46		no time		no time		02:28.47
	00:33.46							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 12:30	
Heat: 7/7 Lane : 3 Athlete: VEDERNIKOVA VERA							Q-time: 02:24:90	
PB (25m pool): 02:24.90 ARRAS 29/12/2025				PB (50m pool): 02:28.35 SB: 02:24.90 ARRAS 29/12/2025				
	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		00:32.04		01:09.47		01:52.59		02:24.90
	00:32.04		00:37.43		00:43.12		00:32.31	
								

Coach feedback:

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 10: 200M MEDLEY MEN 11+							Heat:5, starttime: 12:50	
Heat: 5/8 Lane : 3 Athlete: BEUSELINCK LIAM							Q-time: 02:40:40	
PB (25m pool): 02:40.40 Temse 17/11/2025				PB (50m pool): 02:43.84 SB: 02:40.40 Temse 17/11/2025				
	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		00:34.54		01:16.20		02:04.77		02:40.40
	00:34.54		00:41.66		00:48.57		00:35.63	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:6, starttime: 12:53	
Heat: 6/8 Lane : 2 Athlete: LASCARACHE CHRISTIAN							Q-time: 02:22:69	
PB (25m pool): 02:22.69 ARRAS 29/12/2025				PB (50m pool): 02:29.54 SB: 02:22.69 ARRAS 29/12/2025				
	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		00:30.39		01:07.85		01:50.67		02:22.69
	00:30.39		00:37.46		00:42.82		00:32.02	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:6, starttime: 12:53	
Heat: 6/8 Lane : 3 Athlete: GENIN ALEXANDRE							Q-time: 02:15:91	
PB (25m pool): 02:17.15 Leuven 12/10/2025				PB (50m pool): 02:15.91 SB: 02:17.15 Leuven 12/10/2025				
	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		00:30.30		01:06.12		01:46.05		02:17.15
	00:30.30		00:35.82		00:39.93		00:31.10	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:6, starttime: 12:53	
Heat: 6/8 Lane : 5 Athlete: MASAITIS MANTAS							Q-time: 02:27:00	
PB (25m pool): 02:27.00 ARRAS 29/12/2025				PB (50m pool): 02:31.40SB: 02:27.00 ARRAS 29/12/2025				
	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		00:33.37		01:11.97		01:53.13		02:27.00
	00:33.37		00:38.60		00:41.16		00:33.87	
								

Coach feedback:

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 10: 200M MEDLEY MEN 11+							Heat:8, starttime: 12:59	
Heat: 8/8 Lane : 4 Athlete: VAN SINTEJAN ROMAIN							Q-time: 02:17:16	
PB (25m pool): 02:18.69 Kapelle-op-den-Bos 21/04/2025							PB (50m pool): 02:17.16 SB: 02:25.84 Vilvoorde 05/10/2025	
	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		00:28.44		no time		no time		02:18.69
	00:28.44							
								

Coach feedback: