

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: SCWR

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Lejeune Yves HEADCOACH

Coaches: Lejeune Melanie

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:2, starttime: 08:35	
Heat: 2/5 Lane : 7 Athlete: GANSEMANS KESSY							Q-time: 04:46:99	
PB (50m pool): 04:46.99 Charleroi 11/01/2026				PB (25m pool): 04:43.86 SB: 04:46.99 Charleroi 11/01/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.45	01:08.54	01:45.11	02:21.88	02:58.49	03:35.39	04:12.09	04:46.99
	00:32.45	00:36.09	00:36.57	00:36.77	00:36.61	00:36.90	00:36.70	00:34.90
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:4, starttime: 08:46	
Heat: 4/5 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 04:30:96	
PB (50m pool): 04:30.96 Antwerpen 27/04/2025				PB (25m pool): 04:20.53SB: 04:32.53 Geneva 08/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.74	01:04.83	01:39.70	02:14.57	02:49.02	03:23.37	03:57.94	04:30.96
	00:30.74	00:34.09	00:34.87	00:34.87	00:34.45	00:34.35	00:34.57	00:33.02
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+										Heat:11, starttime: 09:12	
Heat: 11/12 Lane : 8 Athlete: VAN SINTEJAN ROMAIN										Q-time: 00:58:98	
PB (50m pool): 00:58.98 Antwerpen 17/05/2026					PB (25m pool): 00:59.53 SB: 00:58.98 Antwerpen 17/05/2026						
	5 0 M		1 0 0 M								
PB	00:26.90		00:58.98								
	00:26.90		00:32.08								
											

Coach feedback:

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Event number: 4: 400M MEDLEY MEN 15-18							Heat:4, starttime: 09:58	
Heat: 4/5 Lane : 4 Athlete: GENIN ALEXANDRE							Q-time: 04:55:91	
PB (50m pool): 04:55.91 Antwerpen 27/07/2025				PB (25m pool): 04:48.09SB: 05:01.23 Charleroi 24/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:29.66	01:04.55	01:45.34	02:25.16	03:05.92	03:48.70	04:23.53	04:55.91
	00:29.66	00:34.89	00:40.79	00:39.82	00:40.76	00:42.78	00:34.83	00:32.38
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:4, starttime: 09:58	
Heat: 4/5 Lane : 6 Athlete: VAN SINTEJAN ROMAIN							Q-time: 04:57:97	
PB (50m pool): 04:57.97 Charleroi 24/05/2026				PB (25m pool): 04:50.64SB: 04:57.97 Charleroi 24/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:29.32	01:04.09	01:42.10	02:20.36	03:03.99	03:49.04	04:24.09	04:57.97
	00:29.32	00:34.77	00:38.01	00:38.26	00:43.63	00:45.05	00:35.05	00:33.88
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+							Heat:8, starttime: 10:33	
Heat: 8/9 Lane : 7 Athlete: GANSEMANS KESSY							Q-time: 02:47:21	
PB (50m pool): 02:47.21 La Louvière 25/05/2025				PB (25m pool): 02:44.97SB: 02:48.23 Molenbeek 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:39.35	01:21.89	02:04.61	02:47.21				
	00:39.35	00:42.54	00:42.72	00:42.60				
								

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+						Heat:2, starttime: 11:17	
Heat: 2/4 Lane : 6 Athlete: EL MARGOUM INES						Q-time: 02:31:84	
PB (50m pool): 02:32.37 Molenbeek 01/02/2026				PB (25m pool): 02:32.67 SB: 02:32.37 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	no time	01:12.58	no time	02:32.37			
	no time						
							

Coach feedback:

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Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:4, starttime: 11:24
Heat: 4/4 Lane : 4 Athlete: VEDERNIKOVA VERA					Q-time: 02:23:06
PB (50m pool): 02:23.06 Antwerpen 17/05/2026					PB (25m pool): 02:23.29 SB: 02:23.06 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.93	01:08.74	01:46.94	02:23.06	
	00:31.93	00:36.81	00:38.20	00:36.12	
					

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+					Heat:4, starttime: 12:04
Heat: 4/15 Lane : 4 Athlete: GENIN ALEXANDRE					Q-time: 00:25:99
PB (50m pool): 00:25.99 Charleroi 24/05/2026					PB (25m pool): 00:25.71 SB: 00:25.99 Charleroi 24/05/2026
	5 0 M				
PB	00:25.99				
	00:25.99				
					

Coach feedback: