

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: LGN

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

Coaches: Henveaux André HEADCOACH

Coaches: Gitsels Els

Coaches: Jorissen Tim

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18								Heat:4, starttime: 08:45
Heat: 4/5 Lane : 4 Athlete: LAIME OSCAR								Q-time: 04:19:56
PB (50m pool): 04:19.56 Charleroi 15/02/2026				PB (25m pool): 04:42.53 SB: 04:19.56 Charleroi 15/02/2026				
	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	00:29.72	01:01.54	01:33.80	02:06.78	02:39.82	03:13.59	03:46.93	04:19.56
	00:29.72	00:31.82	00:32.26	00:32.98	00:33.04	00:33.77	00:33.34	00:32.63
								

Coach feedback:

Event number: 18: 400M FREESTYLE MEN 15-18								Heat:5, starttime: 08:50
Heat: 5/5 Lane : 2 Athlete: LAMBERT NOAH								Q-time: 04:09:16
PB (50m pool): 04:09.16 Antwerpen 27/07/2025				PB (25m pool): 04:03.15 SB: 04:10.69 Charleroi 15/02/2026				
	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	00:27.74	00:58.16	01:29.13	02:01.04	02:32.78	03:05.42	03:37.77	04:09.16
	00:27.74	00:30.42	00:30.97	00:31.91	00:31.74	00:32.64	00:32.35	00:31.39
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18								Heat:4, starttime: 09:14
Heat: 4/5 Lane : 3 Athlete: WÉGRIA ELENA								Q-time: 05:18:93
PB (50m pool): 05:18.93 Luxembourg - Kirchberg 15/03/2026				PB (25m pool): no time SB: 05:18.93 Luxembourg - Kirchberg 15/03/2026				
	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	00:33.53	01:12.37	01:53.03	02:32.51	03:20.23	04:08.07	04:43.84	05:18.93
	00:33.53	00:38.84	00:40.66	00:39.48	00:47.72	00:47.84	00:35.77	00:35.09
								

Coach feedback:

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Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:5, starttime: 09:20	
Heat: 5/5 Lane : 2 Athlete: DELSAER LAURIEN							Q-time: 05:09:18	
PB (50m pool): 05:09.18 Antwerpen 20/07/2025				PB (25m pool): 04:58.00SB: 05:13.40 Antwerpen 22/03/2026				
	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	00:33.34	01:12.15	01:51.81	02:30.23	03:15.11	03:59.71	04:34.79	05:09.18
	00:33.34	00:38.81	00:39.66	00:38.42	00:44.88	00:44.60	00:35.08	00:34.39
								

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+							Heat:8, starttime: 10:05	
Heat: 8/10 Lane : 6 Athlete: DELSAER LAURIEN							Q-time: 02:08:43	
PB (50m pool): 02:08.55 Antwerpen 17/05/2026				PB (25m pool): 02:06.67SB: 02:08.55 Antwerpen 17/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:29.83	01:02.37	01:35.35	02:08.55				
	00:29.83	00:32.54	00:32.98	00:33.20				
								

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+							Heat:9, starttime: 10:08	
Heat: 9/10 Lane : 6 Athlete: PAQUES CéLYA							Q-time: 02:08:28	
PB (50m pool): 02:08.28 Antwerpen 22/03/2026				PB (25m pool): 02:09.46SB: 02:08.28 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:30.38	01:02.74	01:35.77	02:08.28				
	00:30.38	00:32.36	00:33.03	00:32.51				
								

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+							Heat:10, starttime: 10:10	
Heat: 10/10 Lane : 2 Athlete: PAQUES TYPHANIE							Q-time: 02:08:74	
PB (50m pool): 02:08.74 Antwerpen 27/07/2025				PB (25m pool): 02:11.77 SB: 02:09.55 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:30.45	01:03.39	01:36.51	02:08.74				
	00:30.45	00:32.94	00:33.12	00:32.23				
								

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:10, starttime: 10:10
Heat: 10/10 Lane : 6 Athlete: BAJOT CLÉMENCE					Q-time: 02:08:16
PB (50m pool): 02:08.16 Antwerpen 17/05/2026			PB (25m pool): 02:09.98 SB: 02:08.16 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:08.16	
	no time				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:5, starttime: 10:37
Heat: 5/12 Lane : 2 Athlete: CARLOS DA SILVA ILANA-LUISA					Q-time: 01:12:65
PB (50m pool): 01:13.01 Seraing 22/03/2026			PB (25m pool): 01:13.36 SB: 01:13.01 Seraing 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:35.40	01:13.01			
	00:35.40	00:37.61			
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:12, starttime: 10:53
Heat: 12/12 Lane : 8 Athlete: WÉGRIA ELENA					Q-time: 01:08:69
PB (50m pool): 01:08.69 Antwerpen 17/05/2026			PB (25m pool): 01:07.31 SB: 01:08.69 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M			
PB	00:32.98	01:08.69			
	00:32.98	00:35.71			
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+					Heat:15, starttime: 12:15
Heat: 15/17 Lane : 2 Athlete: BAJOT CLÉMENCE					Q-time: 00:28:74
PB (50m pool): 00:28.74 Antwerpen 17/05/2026			PB (25m pool): 00:29.27 SB: 00:28.74 Antwerpen 17/05/2026		
	5 0 M				
PB	00:28.74				
	00:28.74				
					

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:6, starttime: 12:34
Heat: 6/19 Lane : 5 Athlete: GILLARD SACHA					Q-time: 02:26:59
PB (50m pool): 02:26.59 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): 02:36.76 SB: 02:26.59 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.83	01:09.51	01:54.47	02:26.59	
	00:31.83	00:37.68	00:44.96	00:32.12	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:13, starttime: 12:54
Heat: 13/19 Lane : 5 Athlete: LAIME OSCAR					Q-time: 02:20:97
PB (50m pool): 02:20.97 Luxembourg - Kirchberg 15/03/2026					PB (25m pool): 02:36.26 SB: 02:20.97 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.79	01:05.21	01:48.40	02:20.97	
	00:28.79	00:36.42	00:43.19	00:32.57	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:15, starttime: 13:00
Heat: 15/19 Lane : 7 Athlete: LAMBERT NOAH					Q-time: 02:19:07
PB (50m pool): 02:20.29 Antwerpen 27/07/2025					PB (25m pool): 02:25.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.32	01:05.38	01:49.82	02:20.29	
	00:29.32	00:36.06	00:44.44	00:30.47	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:19, starttime: 13:11
Heat: 19/19 Lane : 4 Athlete: VANHECKE RAPHAËL					Q-time: 02:04:00
PB (50m pool): 02:04.13 Antwerpen 27/04/2025					PB (25m pool): 01:58.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.40	00:59.10	01:34.49	02:04.13	
	00:26.40	00:32.70	00:35.39	00:29.64	
					

Coach feedback:

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Event number: 29: 1500M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:15	
Heat: 1/1 Lane : 3 Athlete: MARDAGA ANAïs							Q-time: 18:17:20	
PB (50m pool): 18:17.20 Antwerpen 27/07/2025				PB (25m pool): 18:28.77SB: no time				
	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	00:32.89	01:08.91	01:45.45	02:22.15	02:59.03	03:36.12	04:12.81	04:49.74
	00:32.89	00:36.02	00:36.54	00:36.70	00:36.88	00:37.09	00:36.69	00:36.93
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:26.19	06:02.75	06:38.95	07:15.66	07:52.20	08:29.20	09:05.85	09:42.68
	00:36.45	00:36.56	00:36.20	00:36.71	00:36.54	00:37.00	00:36.65	00:36.83
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:19.15	10:55.70	11:32.34	12:09.15	12:45.82	13:22.89	13:59.70	14:36.76
	00:36.47	00:36.55	00:36.64	00:36.81	00:36.67	00:37.07	00:36.81	00:37.06
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	15:13.44	15:50.61	16:27.60	17:04.50	17:41.08	18:17.20		
	00:36.68	00:37.17	00:36.99	00:36.90	00:36.58	00:36.12		
								

Coach feedback:

Event number: 29: 1500M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:15	
Heat: 1/1 Lane : 4 Athlete: JORISSEN JANNE							Q-time: 17:55:18	
PB (50m pool): 17:55.18 Antwerpen 22/03/2026			PB (25m pool): no time SB: 17:55.18 Antwerpen 22/03/2026					
	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	00:31.29	01:05.27	01:40.01	02:15.19	02:50.36	03:25.87	04:01.81	04:37.74
	00:31.29	00:33.98	00:34.74	00:35.18	00:35.17	00:35.51	00:35.94	00:35.93
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:13.54	05:49.73	06:26.11	07:02.55	07:38.69	08:15.19	08:51.54	09:28.42
	00:35.80	00:36.19	00:36.38	00:36.44	00:36.14	00:36.50	00:36.35	00:36.88
								

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	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:04.62	10:41.25	11:17.89	11:54.99	12:30.92	13:07.23	13:43.30	14:19.70
	00:36.20	00:36.63	00:36.64	00:37.10	00:35.93	00:36.31	00:36.07	00:36.40
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	14:56.02	15:32.13	16:08.22	16:44.54	17:20.06	17:55.18	
	00:36.32	00:36.11	00:36.09	00:36.32	00:35.52	00:35.12	
							

Coach feedback: