

CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 15:00 untill 15:45. 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: 30: 400M FREESTYLE MEN 19+								Heat:3, starttime: 16:11
Heat: 3/3 Lane : 3 Athlete: SAIVE ANTOINE								Q-time: 04:01:46
PB (50m pool): 04:01.46 Antwerpen 27/07/2025				PB (25m pool): 03:52.98 SB: 04:03.40 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	00:27.55	00:57.57	01:27.86	01:58.71	02:29.66	03:01.10	03:32.19	04:01.46
	00:27.55	00:30.02	00:30.29	00:30.85	00:30.95	00:31.44	00:31.09	00:29.27
								

Coach feedback:

Event number: 30: 400M FREESTYLE MEN 19+								Heat:3, starttime: 16:11
Heat: 3/3 Lane : 4 Athlete: HENVEAUX LUCAS								Q-time: 03:44:61
PB (50m pool): 03:46.59 ANTWERPEN 23/04/2023				PB (25m pool): 03:37.23 SB: 03:51.30 Antwerpen 17/05/2026				
	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	no time	no time	no time	no time	no time	no time	no time	03:46.59
	no time							
								

Coach feedback:

Event number: 30: 400M FREESTYLE MEN 19+								Heat:3, starttime: 16:11
Heat: 3/3 Lane : 5 Athlete: LOVENS FLORENTIN								Q-time: 03:56:78
PB (50m pool): 03:56.78 Antwerpen 22/03/2026				PB (25m pool): 03:51.79 SB: 03:56.78 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	00:27.70	00:57.45	01:27.15	01:57.36	02:27.42	02:57.64	03:27.77	03:56.78
	00:27.70	00:29.75	00:29.70	00:30.21	00:30.06	00:30.22	00:30.13	00:29.01
								

Coach feedback:

CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: LGN

Event number: 32: 1500M FREESTYLE WOMEN 17+							Heat:1, starttime: 17:10	
Heat: 1/1 Lane : 4 Athlete: PAQUES CÉLYA							Q-time: 17:08:54	
PB (50m pool): 17:08.54 Antwerpen 17/05/2026				PB (25m pool): 17:49.00SB: 17:08.54 Antwerpen 17/05/2026				
	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	00:31.21	01:04.91	01:39.23	02:13.69	02:48.06	03:22.38	03:56.86	04:31.11
	00:31.21	00:33.70	00:34.32	00:34.46	00:34.37	00:34.32	00:34.48	00:34.25
								
	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	05:05.58	05:40.01	06:14.41	06:48.92	07:23.30	07:57.64	08:31.94	09:06.11
	00:34.47	00:34.43	00:34.40	00:34.51	00:34.38	00:34.34	00:34.30	00:34.17
								
	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	09:40.43	10:14.63	10:49.07	11:23.51	11:57.98	12:32.56	13:07.18	13:41.75
	00:34.32	00:34.20	00:34.44	00:34.44	00:34.47	00:34.58	00:34.62	00:34.57
								
	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	14:16.51	14:51.32	15:26.19	16:01.19	16:35.66	17:08.54		
	00:34.76	00:34.81	00:34.87	00:35.00	00:34.47	00:32.88		
								

Coach feedback:

Event number: 32: 1500M FREESTYLE WOMEN 17+							Heat:1, starttime: 17:10	
Heat: 1/1 Lane : 5 Athlete: PAQUES TYPHANIE							Q-time: 17:27:68	
PB (50m pool): 17:27.68 Antwerpen 22/03/2026			PB (25m pool): no time SB: 17:27.68 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	00:31.36	01:05.45	01:39.79	02:14.37	02:49.17	03:23.86	03:58.78	04:33.58
	00:31.36	00:34.09	00:34.34	00:34.58	00:34.80	00:34.69	00:34.92	00:34.80
								
	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	05:08.59	05:43.61	06:18.54	06:53.66	07:28.68	08:03.86	08:38.96	09:14.14
	00:35.01	00:35.02	00:34.93	00:35.12	00:35.02	00:35.18	00:35.10	00:35.18
								

CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: LGN

	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	09:49.28	10:24.83	11:00.04	11:35.58	12:10.91	12:46.52	13:21.96	13:57.56
	00:35.14	00:35.55	00:35.21	00:35.54	00:35.33	00:35.61	00:35.44	00:35.60
								

	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	14:33.02	15:08.53	15:43.55	16:18.85	16:53.76	17:27.68	
	00:35.46	00:35.51	00:35.02	00:35.30	00:34.91	00:33.92	
							

Coach feedback:

Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:4, starttime: 17:44	
Heat: 4/5 Lane : 3 Athlete: TEAM LGN 4							Q-time: 03:54:26	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 1 Athlete: TEAM LGN 5							Q-time: 03:51:88	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: