

PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: SCWR

Coachinfo: Warming up from: 08:20 until . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Lejeune Melanie HEADCOACH

Coaches: Lejeune Yves

Coaches: ANSLOT Laurent

PB => Personal Best time

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

Event number: 20: 100M BUTTERFLY MEN 13+ Heat:8, starttime: 09:44

Heat: 8/9 Lane : 2 Athlete: LASCARACHE CHRISTIAN Q-time: 01:03:70

PB (50m pool): 01:06.42 Woluwe-Saint-Pierre 29/03/2025 PB (25m pool): 01:04.85 SB: 01:09.11 La Louvière 29/11/2025

	50 M	100 M	
PB	no time	01:06.42	
	<i>no time</i>		
	

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+ Heat:9, starttime: 09:45

Heat: 9/9 Lane : 2 Athlete: GENIN ALEXANDRE Q-time: 01:01:26

PB (50m pool): 01:03.47 La Louvière 25/05/2025 PB (25m pool): 01:01.26 SB: 01:04.72 La Louvière 29/11/2025

	50 M	100 M	
PB	00:29.46	01:03.47	
	<i>00:29.46</i>	<i>00:34.01</i>	
	

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+ Heat:9, starttime: 09:45

Heat: 9/9 Lane : 5 Athlete: VAN SINTEJAN ROMAIN Q-time: 00:59:27

PB (50m pool): 00:59.99 Antwerpen 27/07/2025 PB (25m pool): 00:59.27 SB: 01:00.73 La Louvière 29/11/2025

	50 M	100 M	
PB	00:28.64	00:59.99	
	<i>00:28.64</i>	<i>00:31.35</i>	
	

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+		Heat:4, starttime: 09:53	
Heat: 4/5 Lane : 2 Athlete: GANSEMANS KESSY		Q-time: 01:13:25	
PB (50m pool): 01:14.29 Charleroi 11/01/2026		PB (25m pool): 01:16.41 SB: 01:14.29 Charleroi 11/01/2026	
	50 M	100 M	
PB	00:34.09	01:14.29	
	00:34.09	00:40.20	
	

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+		Heat:5, starttime: 09:55	
Heat: 5/5 Lane : 3 Athlete: EL MARGOUM INES		Q-time: 01:07:71	
PB (50m pool): 01:08.82 La Louvière 29/11/2025		PB (25m pool): 01:07.88 SB: 01:08.82 La Louvière 29/11/2025	
	50 M	100 M	
PB	00:32.39	01:08.82	
	00:32.39	00:36.43	
	

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 10:04	
Heat: 4/4 Lane : 2 Athlete: GRELLIER OSCAR		Q-time: 00:35:79	
PB (50m pool): 00:40.62 Antwerp 26/01/2025		PB (25m pool): 00:35.79 SB: no time	
	50 M		
PB	00:40.62		
	00:40.62		
		

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 10:04	
Heat: 4/4 Lane : 4 Athlete: BEUSELINCK LIAM		Q-time: 00:32:36	
PB (50m pool): 00:33.92 La Louvière 25/05/2025		PB (25m pool): 00:32.36 SB: no time	
	50 M		
PB	00:33.92		
	00:33.92		
		

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:5, starttime: 10:21	
Heat: 5/6 Lane : 6 Athlete: MASAITE MILDA				Q-time: 02:35:68	
PB (50m pool): 02:45.99 Charleroi 11/01/2026			PB (25m pool): 02:42.70 SB: 02:45.99 Charleroi 11/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.92	01:22.32	02:05.14	02:45.99	
	00:39.92	00:42.40	00:42.82	00:40.85	
	

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:6, starttime: 10:25	
Heat: 6/6 Lane : 4 Athlete: VEDERNIKOVA MARINA				Q-time: 02:23:36	
PB (50m pool): 02:31.96 Antwerpen 27/07/2025			PB (25m pool): 02:23.36 SB: 02:32.90 Charleroi 11/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.63	01:13.95	01:53.75	02:31.96	
	00:35.63	00:38.32	00:39.80	00:38.21	
	

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+				Heat:3, starttime: 10:36	
Heat: 3/6 Lane : 1 Athlete: ANSLOT SACHA				Q-time: 02:54:98	
PB (50m pool): 03:22.01 Charleroi 14/01/2024			PB (25m pool): 02:54.93 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:22.01	
	no time				
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:2, starttime: 10:51		
Heat: 2/4 Lane : 7 Athlete: GHIO AMAURY			Q-time: 01:27:11		
PB (50m pool): 01:27.11 La Louvière 29/11/2025		PB (25m pool): 01:23.43 SB: 01:27.11 La Louvière 29/11/2025			
	5 0 M	1 0 0 M			
PB	00:40.90	01:27.11			
	00:40.90	00:46.21			
			

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12			Heat:3, starttime: 10:53
Heat: 3/4 Lane : 3 Athlete: GRELLIER OSCAR			Q-time: 01:13:79
PB (50m pool): 01:14.43 Antwerpen 20/07/2025		PB (25m pool): 01:13.79 SB: no time	
	50 M	100 M	
PB	00:36.62	01:14.43	
	00:36.62	00:37.81	
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:4, starttime: 10:55
Heat: 4/4 Lane : 3 Athlete: BEUSELINCK LIAM			Q-time: 01:07:93
PB (50m pool): 01:08.09 Charleroi 11/01/2026		PB (25m pool): 01:08.30 SB: 01:08.09 Charleroi 11/01/2026	
	50 M	100 M	
PB	00:33.31	01:08.09	
	00:33.31	00:34.78	
	

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+				Heat:6, starttime: 11:34
Heat: 6/9 Lane : 7 Athlete: TOUQUET ELINE				Q-time: 02:33:39
PB (50m pool): 02:37.22 Antwerp 26/01/2025		PB (25m pool): 02:29.29 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:35.36	01:15.39	01:56.59	02:37.22
	00:35.36	00:40.03	00:41.20	00:40.63

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+				Heat:8, starttime: 11:40
Heat: 8/9 Lane : 6 Athlete: MASAITE MILDA				Q-time: 02:21:72
PB (50m pool): 02:27.48 La Louvière 29/11/2025		PB (25m pool): 02:21.72 SB: 02:27.48 La Louvière 29/11/2025		
	50 M	100 M	150 M	200 M
PB	00:33.25	01:10.62	01:50.03	02:27.48
	00:33.25	00:37.37	00:39.41	00:37.45

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+				Heat:3, starttime: 11:53	
Heat: 3/12 Lane : 5 Athlete: AERTS LENN				Q-time: 02:34:88	
PB (50m pool): 02:51.21 Charleroi 14/01/2024			PB (25m pool): 02:34.88 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:51.21	
	<i>no time</i>				
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+				Heat:5, starttime: 12:00	
Heat: 5/12 Lane : 3 Athlete: WAUTERS SACHA				Q-time: 02:24:69	
PB (50m pool): 02:24.69 La Louvière 25/05/2025			PB (25m pool): 02:28.86 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:32.98	01:09.96	01:47.68	02:24.69	
	<i>00:32.98</i>	<i>00:36.98</i>	<i>00:37.72</i>	<i>00:37.01</i>	
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+				Heat:6, starttime: 12:03	
Heat: 6/12 Lane : 7 Athlete: AERTS MADS				Q-time: 02:22:89	
PB (50m pool): 02:26.78 Charleroi 12/01/2025			PB (25m pool): 02:22.89 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	01:10.69	no time	02:26.78	
	<i>no time</i>				
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+				Heat:9, starttime: 12:12	
Heat: 9/12 Lane : 4 Athlete: MASAITIS MANTAS				Q-time: 02:10:17	
PB (50m pool): 02:14.27 Charleroi 11/05/2025			PB (25m pool): 02:09.51 SB: 02:18.56 La Louvière 29/11/2025		
	50 M	100 M	150 M	200 M	
PB	00:30.16	01:03.42	01:39.05	02:14.27	
	<i>00:30.16</i>	<i>00:33.26</i>	<i>00:35.63</i>	<i>00:35.22</i>	
	

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+ Heat:12, starttime: 12:20

Heat: 12/12 Lane : 1 Athlete: LASCARACHE CHRISTIAN Q-time: 02:04:77

PB (50m pool): 02:09.41 Antwerpen 27/07/2025 PB (25m pool): 02:04.77 SB: 02:17.66 La Louvière 29/11/2025

	50 M	100 M	150 M	200 M	
PB	00:29.17	01:01.80	01:35.49	02:09.41	
	00:29.17	00:32.63	00:33.69	00:33.92	
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+ Heat:12, starttime: 12:20

Heat: 12/12 Lane : 5 Athlete: GENIN ALEXANDRE Q-time: 02:00:38

PB (50m pool): 02:02.49 Antwerpen 27/07/2025 PB (25m pool): 02:00.38 SB: 02:08.38 La Louvière 29/11/2025

	50 M	100 M	150 M	200 M	
PB	00:27.30	00:57.46	01:30.23	02:02.49	
	00:27.30	00:30.16	00:32.77	00:32.26	
	

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+ Heat:2, starttime: 12:29

Heat: 2/2 Lane : 4 Athlete: VEDERNIKOVA VERA Q-time: 04:58:68

PB (50m pool): no time PB (25m pool): 04:58.68 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+ Heat:2, starttime: 12:29

Heat: 2/2 Lane : 5 Athlete: GANSEMANS KESSY Q-time: 05:06:88

PB (50m pool): 05:15.85 Antwerpen 27/07/2025 PB (25m pool): 05:06.88 SB: 05:23.14 Charleroi 11/01/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.69	01:14.96	01:56.45	02:35.68	03:20.09	04:04.49	04:40.67	05:15.85
	00:33.69	00:41.27	00:41.49	00:39.23	00:44.41	00:44.40	00:36.18	00:35.18

Coach feedback: