

BK WE1 2025: Session: 5: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 07:00 until 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Gitsels Els HEADCOACH

Coaches: Hainaux Sylvie

Coaches: Jorissen Tim

PB => Personal Best time

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

Event number: 33: 800M FREESTYLE WOMEN 13-14 Heat:2, starttime: 09:17

Heat: 2/4 Lane : 4 Athlete: SCHMIDT ELÃ©A Q-time: 10:14:75

PB (50m pool): 10:24.39 Charleroi 11 May 2025 PB (25m pool): 10:14.75 SB:

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|---------|---------|---------|---------|---------|---------|---------|----------|
| PB | 34.19 | 1:11.95 | 1:51.57 | 2:30.84 | 3:10.54 | 3:49.33 | 4:29.78 | 5:09.33 |
| | 34.19 | 37.76 | 39.62 | 39.27 | 39.70 | 38.79 | 40.45 | 39.55 |
| | | | | | | | | |
| | 450 M | 500 M | 550 M | 600 M | 650 M | 700 M | 750 M | 800 M |
| PB | 5:49.62 | 6:28.88 | 7:09.26 | 7:48.77 | 8:29.54 | 9:08.87 | 9:47.07 | 10:24.39 |
| | 40.29 | 39.26 | 40.38 | 39.51 | 40.77 | 39.33 | 38.20 | 37.32 |
| | | | | | | | | |

Coach feedback:

Event number: 33: 800M FREESTYLE WOMEN 13-14 Heat:4, starttime: 09:39

Heat: 4/4 Lane : 3 Athlete: DELSAER LAURIEN Q-time: 09:32:25

PB (50m pool): 9:32.25 Charleroi 11 Jan 2025 PB (25m pool): 9:34.24 SB:

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|-------|---------|-------|---------|-------|-------|-------|---------|
| PB | | 1:07.57 | | 2:19.05 | | | | 4:41.12 |
| | | 1:07.57 | | 1:11.48 | | | | 2:22.07 |
| | | | | | | | | |
| | 450 M | 500 M | 550 M | 600 M | 650 M | 700 M | 750 M | 800 M |
| PB | | | | | | | | 9:32.25 |
| | | | | | | | | 4:51.13 |
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Coach feedback:

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|---|----------------|----------------|----------------|----------------------------|----------------|----------------|---------------------------------|----------------|
| Event number: 33: 800M FREESTYLE WOMEN 13-14 | | | | | | | Heat:4, starttime: 09:39 | |
| Heat: 4/4 Lane : 4 Athlete: JORISSEN JANNE | | | | | | | Q-time: 09:20:86 | |
| PB (50m pool): 9:20.86 Belgrade (SRB) 21 Jun 2025 | | | | PB (25m pool): 9:37.81 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 | 31.16 | 1:05.85 | 1:41.43 | 2:17.18 | 2:52.65 | 3:28.17 | 4:03.72 | 4:39.52 |
| | 31.16 | 34.69 | 35.58 | 35.75 | 35.47 | 35.52 | 35.55 | 35.80 |
| | | | | | | | | |
| | 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 | 5:15.25 | 5:50.74 | 6:26.18 | 7:01.28 | 7:36.62 | 8:12.09 | 8:47.13 | 9:20.86 |
| | 35.73 | 35.49 | 35.44 | 35.10 | 35.34 | 35.47 | 35.04 | 33.73 |
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Coach feedback:

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|---|--------------|----------------------------|---------------------------------|--|
| Event number: 34: 100M BUTTERFLY MEN 11-12 | | | Heat:7, starttime: 10:01 | |
| Heat: 7/11 Lane : 3 Athlete: SCHROYEN BENJAMIN | | | Q-time: 01:22:79 | |
| PB (50m pool): | | PB (25m pool): No time SB: | | |
| | 5 0 M | 1 0 0 M | | |
| PB | | | | |
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Coach feedback:

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|--|--------------|----------------------------|----------------------------------|--|
| Event number: 34: 100M BUTTERFLY MEN 11-12 | | | Heat:10, starttime: 10:06 | |
| Heat: 10/11 Lane : 4 Athlete: JORISSEN FINN | | | Q-time: 01:16:83 | |
| PB (50m pool): 1:19.38 Seraing 23 Mar 2025 | | PB (25m pool): 1:16.83 SB: | | |
| | 5 0 M | 1 0 0 M | | |
| PB | 37.00 | 1:19.38 | | |
| | 37.00 | 42.38 | | |
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Coach feedback:

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| Event number: 34: 100M BUTTERFLY MEN 11-12 | | Heat:11, starttime: 10:07 | |
| Heat: 11/11 Lane : 5 Athlete: CARLOS DA SILVA ELAD-LYRON | | Q-time: 01:12:97 | |
| PB (50m pool): 1:13.09 Seraing 23 Mar 2025 | | PB (25m pool): 1:12.97 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 35.47 | 1:13.09 | |
| | 35.47 | 37.62 | |
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Coach feedback:

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|---|--------------|---------------------------------|--|
| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:3, starttime: 10:13 | |
| Heat: 3/18 Lane : 2 Athlete: BOUVEROUX NINA | | Q-time: 01:20:02 | |
| PB (50m pool): 1:23.25 La Louviere 1 Feb 2025 | | PB (25m pool): 1:20.02 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 39.41 | 1:23.25 | |
| | 39.41 | 43.84 | |
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Coach feedback:

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| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:5, starttime: 10:16 | |
| Heat: 5/18 Lane : 5 Athlete: WEGRIA LÃ©A | | Q-time: 01:17:61 | |
| PB (50m pool): 1:20.31 Seraing 16 Nov 2024 | | PB (25m pool): 1:17.61 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 37.74 | 1:20.31 | |
| | 37.74 | 42.57 | |
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Coach feedback:

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|---|--------------|---------------------------------|--|
| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:5, starttime: 10:16 | |
| Heat: 5/18 Lane : 7 Athlete: MORENO NOÃ©LINE | | Q-time: 01:18:37 | |
| PB (50m pool): 1:19.06 Seraing 16 Nov 2024 | | PB (25m pool): 1:18.37 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 36.31 | 1:19.06 | |
| | 36.31 | 42.75 | |
| | | | |

Coach feedback:

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|--|--------------|---------------------------------|--|
| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:9, starttime: 10:23 | |
| Heat: 9/18 Lane : 2 Athlete: SCAGLIONE LOUISE | | Q-time: 01:13:85 | |
| PB (50m pool): 1:17.13 Seraing 16 Nov 2024 | | PB (25m pool): 1:13.85 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 36.19 | 1:17.13 | |
| | 36.19 | 40.94 | |
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Coach feedback:

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|---|--------------|----------------------------------|--|
| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:12, starttime: 10:27 | |
| Heat: 12/18 Lane : 1 Athlete: PONCELET NIENE | | Q-time: 01:11:93 | |
| PB (50m pool): 1:16.00 La Louviere 1 Feb 2025 | | PB (25m pool): 1:11.93 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 37.05 | 1:16.00 | |
| | 37.05 | 38.95 | |
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Coach feedback:

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| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:15, starttime: 10:32 | |
| Heat: 15/18 Lane : 2 Athlete: DELSAER CATO | | Q-time: 01:09:51 | |
| PB (50m pool): 1:10.65 Seraing 23 Mar 2025 | | PB (25m pool): 1:09.51 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 34.33 | 1:10.65 | |
| | 34.33 | 36.32 | |
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Coach feedback:

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|---|--------------|----------------------------------|--|
| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | Heat:16, starttime: 10:33 | |
| Heat: 16/18 Lane : 5 Athlete: STAS LORANE | | Q-time: 01:08:70 | |
| PB (50m pool): 1:09.39 Seraing 23 Mar 2025 | | PB (25m pool): 1:08.70 SB: | |
| | 5 0 M | 1 0 0 M | |
| PB | 34.06 | 1:09.39 | |
| | 34.06 | 35.33 | |
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Coach feedback:

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|---|--------------|----------------|----------------------------------|--|--|
| Event number: 35: 100M FREESTYLE WOMEN 11-12 | | | Heat:16, starttime: 10:33 | | |
| Heat: 16/18 Lane : 6 Athlete: VAN HOVE PAULINE | | | Q-time: 01:08:95 | | |
| PB (50m pool): 1:09.19 La Louviere 1 Feb 2025 | | | PB (25m pool): 1:08.95 SB: | | |
| | 5 0 M | 1 0 0 M | | | |
| PB | 33.67 | 1:09.19 | | | |
| | 33.67 | 35.52 | | | |
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Coach feedback:

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|--|--------------|----------------|----------------|---------------------------------|--|
| Event number: 37: 200M BREASTSTROKE WOMEN 13-14 | | | | Heat:8, starttime: 11:13 | |
| Heat: 8/8 Lane : 3 Athlete: DELSAER LAURIEN | | | | Q-time: 02:46:54 | |
| PB (50m pool): 2:46.54 Charleroi 11 May 2025 | | | | PB (25m pool): 2:49.67 SB: | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
| PB | 38.28 | 1:20.17 | 2:03.21 | 2:46.54 | |
| | 38.28 | 41.89 | 43.04 | 43.33 | |
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Coach feedback:

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| Event number: 39: 4x100M FREESTYLE MIXED 11-12 | | | | | | Heat:1, starttime: 11:25 | | |
| Heat: 1/3 Lane : 5 Athlete: TEAM LGN 2 | | | | | | Q-time: 04:55:56 | | |
| PB (50m pool): | | | | | | PB (25m pool): No time 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 | | | | | | | | |
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Coach feedback:

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|---|--------------|----------------|----------------|----------------|----------------|---------------------------------|----------------|----------------|
| Event number: 39: 4x100M FREESTYLE MIXED 11-12 | | | | | | Heat:3, starttime: 11:36 | | |
| Heat: 3/3 Lane : 4 Athlete: TEAM LGN 1 | | | | | | Q-time: 04:29:71 | | |
| PB (50m pool): | | | | | | PB (25m pool): No time 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 | | | | | | | | |
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Coach feedback: