

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: LGN

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

Coaches: Jorissen Tim

Coaches: Gitsels Els HEADCOACH

PB => Personal Best time

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

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:6, starttime: 08:57	
Heat: 6/9 Lane : 7 Athlete: JORISSEN FINN							Q-time: 04:48:75	
PB (50m pool): 04:53.00 Seraing 14/05/2026				PB (25m pool): 05:20.05 SB: 04:53.00 Seraing 14/05/2026				
	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	00:32.57	01:08.50	01:46.43	02:24.10	03:02.22	03:39.33	04:16.80	04:53.00
	00:32.57	00:35.93	00:37.93	00:37.67	00:38.12	00:37.11	00:37.47	00:36.20
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:7, starttime: 09:03	
Heat: 7/9 Lane : 6 Athlete: VANSPAUWEN VIKTOR							Q-time: 04:44:01	
PB (50m pool): 04:50.35 Seraing 14/05/2026			PB (25m pool): no time SB: 04:50.35 Seraing 14/05/2026					
	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	00:32.35	01:08.24	01:45.39	02:22.34	03:00.41	03:38.03	04:15.55	04:50.35
	00:32.35	00:35.89	00:37.15	00:36.95	00:38.07	00:37.62	00:37.52	00:34.80
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:9, starttime: 09:13	
Heat: 9/9 Lane : 5 Athlete: CARLOS DA SILVA ELAD-LYRON							Q-time: 04:18:98	
PB (50m pool): 04:30.91 Seraing 14/05/2026				PB (25m pool): 04:52.82SB: 04:30.91 Seraing 14/05/2026				
	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	00:30.44	01:04.12	01:38.02	02:12.44	02:46.91	03:22.00	03:56.80	04:30.91
	00:30.44	00:33.68	00:33.90	00:34.42	00:34.47	00:35.09	00:34.80	00:34.11
								

Coach feedback:

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Event number: 33: 800M FREESTYLE WOMEN 13-14							Heat:3, starttime: 09:41	
Heat: 3/3 Lane : 3 Athlete: STAS LORANE							Q-time: 09:48:68	
PB (50m pool): 10:00.60 Charleroi 15/02/2026				PB (25m pool): 10:47.99SB: 10:00.60 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	00:33.42	01:08.94	01:46.83	02:24.02	03:02.92	03:40.46	04:18.83	04:56.49
	00:33.42	00:35.52	00:37.89	00:37.19	00:38.90	00:37.54	00:38.37	00:37.66
								
	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	05:35.45	06:13.16	06:52.19	07:30.07	08:08.90	08:46.60	09:25.06	10:00.60
	00:38.96	00:37.71	00:39.03	00:37.88	00:38.83	00:37.70	00:38.46	00:35.54
								

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12							Heat:6, starttime: 10:02		
Heat: 6/11 Lane : 1 Athlete: MISCORIA-BAGANELLA GABRIEL							Q-time: 01:26:25		
PB (50m pool): 01:30.63 La Louvière 08/02/2026				PB (25m pool): no time SB: 01:30.63 La Louvière 08/02/2026					
	5 0 M		1 0 0 M						
PB	00:40.75		01:30.63						
	00:40.75		00:49.88						
									

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12							Heat:9, starttime: 10:08		
Heat: 9/11 Lane : 5 Athlete: SCHROYEN BENJAMIN							Q-time: 01:20:38		
PB (50m pool): 01:21.97 La Louvière 08/02/2026				PB (25m pool): no time SB: 01:21.97 La Louvière 08/02/2026					
	5 0 M		1 0 0 M						
PB	00:38.50		01:21.97						
	00:38.50		00:43.47						
									

Coach feedback:

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Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 10:20
Heat: 4/20 Lane : 5 Athlete: HANSOUL CHARLOTTE			Q-time: 01:19:13
PB (50m pool): 01:21.46 La Louvière 08/02/2026			PB (25m pool): 01:29.47 SB: 01:21.46 La Louvière 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.00	01:21.46	
	00:38.00	00:43.46	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:14, starttime: 10:38
Heat: 14/20 Lane : 1 Athlete: BOUVEROUX NINA			Q-time: 01:12:07
PB (50m pool): 01:12.07 Ottignies Louvain-La-Neuve 07/06/2026			PB (25m pool): 01:25.27 SB: 01:12.07 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	
PB	00:34.69	01:12.07	
	00:34.69	00:37.38	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:17, starttime: 10:43
Heat: 17/20 Lane : 1 Athlete: SCAGLIONE LOUISE			Q-time: 01:09:08
PB (50m pool): 01:09.08 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 01:14.87 SB: 01:09.08 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.26	01:09.08	
	00:33.26	00:35.82	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:19, starttime: 10:46
Heat: 19/20 Lane : 7 Athlete: MORENO NOÉLINE			Q-time: 01:07:41
PB (50m pool): 01:07.41 Seraing 22/03/2026			PB (25m pool): 01:33.18 SB: 01:07.41 Seraing 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.41	01:07.41	
	00:33.41	00:34.00	
			

Coach feedback:

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Event number: 35: 100M FREESTYLE WOMEN 11-12				Heat:20, starttime: 10:48			
Heat: 20/20 Lane : 7 Athlete: PONCELET NIENE				Q-time: 01:05:83			
PB (50m pool): 01:06.83 La Louvière 08/02/2026				PB (25m pool): 01:14.71 SB: 01:06.83 La Louvière 08/02/2026			
	5 0 M	1 0 0 M					
PB	00:32.07	01:06.83					
	00:32.07	00:34.76					
							

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14				Heat:8, starttime: 11:06			
Heat: 8/10 Lane : 5 Athlete: JORISSEN FINN				Q-time: 01:09:59			
PB (50m pool): 01:13.34 Luxembourg - Kirchberg 15/03/2026				PB (25m pool): 01:19.12 SB: 01:13.34 Luxembourg - Kirchberg 15/03/2026			
	5 0 M	1 0 0 M					
PB	00:35.66	01:13.34					
	00:35.66	00:37.68					
							

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14				Heat:7, starttime: 11:52			
Heat: 7/8 Lane : 6 Athlete: VANSPAUWEN VIKTOR				Q-time: 01:17:63			
PB (50m pool): 01:18.05 La Louvière 08/02/2026				PB (25m pool): no time SB: 01:18.05 La Louvière 08/02/2026			
	5 0 M	1 0 0 M					
PB	00:37.20	01:18.05					
	00:37.20	00:40.85					
							

Coach feedback:

Event number: 39: 4x100M FREESTYLE MIXED 11-12							Heat:3, starttime: 12:08	
Heat: 3/3 Lane : 2 Athlete: TEAM LGN 3							Q-time: 04:35:25	
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:

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Event number: 40: 4x100M FREESTYLE MIXED 13-14							Heat:3, starttime: 12:24	
Heat: 3/3 Lane : 6 Athlete: TEAM LGN 4							Q-time: 04:10:49	
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: