

CB-BK WE2 2026: Session: 1: 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: 1: 400M FREESTYLE WOMEN 15-18							Heat:2, starttime: 08:35	
Heat: 2/5 Lane : 1 Athlete: MARDAGA ANAÏS							Q-time: 04:47:01	
PB (50m pool): 04:42.69 Antwerpen 21/04/2024							PB (25m pool): 04:41.01 SB: 04:48.91 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	no time	no time	no time	no time	no time	no time	no time	04:42.69
	no time							
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:4, starttime: 08:46	
Heat: 4/5 Lane : 5 Athlete: DELSAER LAURIEN							Q-time: 04:32:12	
PB (50m pool): 04:32.12 Charleroi 15/02/2026							PB (25m pool): 04:20.68 SB: 04:32.12 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	00:31.37	01:04.75	01:38.99	02:13.49	02:48.69	03:23.86	03:58.19	04:32.12
	00:31.37	00:33.38	00:34.24	00:34.50	00:35.20	00:35.17	00:34.33	00:33.93
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:5, starttime: 08:51	
Heat: 5/5 Lane : 1 Athlete: JORISSEN JANNE							Q-time: 04:30:68	
PB (50m pool): 04:31.59 Charleroi 15/02/2026							PB (25m pool): 04:32.01 SB: 04:31.59 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	00:31.36	01:05.05	01:40.25	02:15.39	02:50.85	03:25.42	03:59.54	04:31.59
	00:31.36	00:33.69	00:35.20	00:35.14	00:35.46	00:34.57	00:34.12	00:32.05
								

Coach feedback:

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Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:5, starttime: 08:51	
Heat: 5/5 Lane : 3 Athlete: PAQUES TYPHANIE							Q-time: 04:26:74	
PB (50m pool): 04:26.74 Antwerpen 27/07/2025				PB (25m pool): 04:21.76 SB: 04:27.27 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	00:30.88	01:04.26	01:38.19	02:12.30	02:46.21	03:20.15	03:53.64	04:26.74
	00:30.88	00:33.38	00:33.93	00:34.11	00:33.91	00:33.94	00:33.49	00:33.10
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:5, starttime: 08:51	
Heat: 5/5 Lane : 5 Athlete: PAQUES CÉLYA							Q-time: 04:26:42	
PB (50m pool): 04:26.42 Antwerpen 22/03/2026				PB (25m pool): 04:19.84SB: 04:26.42 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	00:30.56	01:03.58	01:36.94	02:10.69	02:44.65	03:19.09	03:53.08	04:26.42
	00:30.56	00:33.02	00:33.36	00:33.75	00:33.96	00:34.44	00:33.99	00:33.34
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+										Heat:7, starttime: 09:06	
Heat: 7/12 Lane : 8 Athlete: LAIME OSCAR										Q-time: 01:01:29	
PB (50m pool): 01:01.29 Charleroi 15/02/2026					PB (25m pool): 01:07.79SB: 01:01.29 Charleroi 15/02/2026						
	5 0 M		1 0 0 M								
PB	00:28.83		01:01.29								
	00:28.83		00:32.46								
											

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+							Heat:12, starttime: 09:13	
Heat: 12/12 Lane : 4 Athlete: VANHECKE RAPHAËL							Q-time: 00:54:94	
PB (50m pool): 00:54.94 Antwerpen 27/04/2025							PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M						
PB	00:25.86	00:54.94						
	00:25.86	00:29.08						
								

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:11, starttime: 09:31	
Heat: 11/16 Lane : 4 Athlete: WÉGRIA ELENA				Q-time: 00:32:87	
PB (50m pool): 00:32.87 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): no time SB: 00:32.87 Luxembourg - Kirchberg 15/03/2026					
	5 0 M				
PB	00:32.87				
	00:32.87				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:14, starttime: 09:36	
Heat: 14/16 Lane : 6 Athlete: BAJOT CLÉMENCE				Q-time: 00:31:11	
PB (50m pool): 00:31.11 Antwerpen 22/03/2026					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:4, starttime: 10:20
Heat: 4/9 Lane : 3 Athlete: CARLOS DA SILVA ILANA-LUISA				Q-time: 02:54:58	
PB (50m pool): 02:54.58 Antwerpen 27/07/2025					
PB (25m pool): 02:56.22 SB: 02:55.04 Seraing 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.32	01:21.89	02:07.60	02:54.58	
	00:38.32	00:43.57	00:45.71	00:46.98	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:3, starttime: 10:47
Heat: 3/10 Lane : 4 Athlete: GILLARD SACHA				Q-time: 02:26:36	
PB (50m pool): 02:26.36 Ottignies Louvain-La-Neuve 07/06/2026PB (25m pool): no time SB: 02:26.36 Ottignies Louvain-La-Neuve 07/06/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.37	01:10.26	01:48.06	02:26.36	
	00:33.37	00:36.89	00:37.80	00:38.30	
					

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:10, starttime: 11:11
Heat: 10/10 Lane : 8 Athlete: LAMBERT NOAH					Q-time: 02:17:56
PB (50m pool): 02:17.56 Charleroi 15/02/2026					PB (25m pool): 02:18.98 SB: 02:17.56 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.00	01:06.51	01:41.95	02:17.56	
	00:32.00	00:34.51	00:35.44	00:35.61	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:1, starttime: 11:14
Heat: 1/4 Lane : 3 Athlete: WÉGRIA ELENA					Q-time: 02:39:14
PB (50m pool): 02:39.14 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): no time SB: 02:39.14 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.18	01:13.99	01:56.25	02:39.14	
	00:34.18	00:39.81	00:42.26	00:42.89	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:12, starttime: 11:46
Heat: 12/12 Lane : 3 Athlete: VANHECKE RAPHAËL					Q-time: 01:05:41
PB (50m pool): 01:05.41 Seraing 23/03/2025					PB (25m pool): 01:03.28 SB: no time
	5 0 M	1 0 0 M			
PB	00:31.23	01:05.41			
	00:31.23	00:34.18			
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:10, starttime: 11:57
Heat: 10/13 Lane : 3 Athlete: BAJOT CLÉMENCE					Q-time: 00:27:63
PB (50m pool): 00:27.63 Antwerpen 17/05/2026					PB (25m pool): 00:27.37 SB: 00:27.63 Antwerpen 17/05/2026
	5 0 M				
PB	00:27.63				
	00:27.63				
					

Coach feedback:

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Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:3, starttime: 12:27	
Heat: 3/5 Lane : 4 Athlete: TEAM LGN 1							Q-time: 04:28:50	
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: 11: 4x100M MEDLEY MIXED 15+							Heat:3, starttime: 12:27	
Heat: 3/5 Lane : 5 Athlete: TEAM LGN 2							Q-time: 04:28:57	
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: 12: 1500M FREESTYLE MEN 15-16							Heat:2, starttime: 13:01	
Heat: 2/2 Lane : 1 Athlete: GILLARD SACHA							Q-time: 17:39:48	
PB (50m pool): 17:39.48 Charleroi 15/02/2026				PB (25m pool): no time SB: 17:39.48 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	00:31.85	01:07.06	01:42.23	02:17.32	02:52.71	03:28.21	04:03.35	04:38.70
	00:31.85	00:35.21	00:35.17	00:35.09	00:35.39	00:35.50	00:35.14	00:35.35
								

	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	05:13.65	05:49.34	06:24.87	07:00.51	07:35.92	08:11.70	08:47.06	09:22.34
	00:34.95	00:35.69	00:35.53	00:35.64	00:35.41	00:35.78	00:35.36	00:35.28
								

	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	09:57.59	10:33.29	11:08.64	11:44.34	12:19.88	12:55.44	13:30.96	14:06.45
	00:35.25	00:35.70	00:35.35	00:35.70	00:35.54	00:35.56	00:35.52	00:35.49
								

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	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	14:42.12	15:17.80	15:53.91	16:29.58	17:05.16	17:39.48	
	00:35.67	00:35.68	00:36.11	00:35.67	00:35.58	00:34.32	
							

Coach feedback:

Event number: 12: 1500M FREESTYLE MEN 15-16 Heat:2, starttime: 13:01

Heat: 2/2 Lane : 4 Athlete: LAMBERT NOAH Q-time: 16:18:26

PB (50m pool): 16:18.26 Antwerpen 22/03/2026 PB (25m pool): 15:57.38 SB: 16:18.26 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	00:28.38	01:00.18	01:32.11	02:04.68	02:36.94	03:09.86	03:42.31	04:15.17
	00:28.38	00:31.80	00:31.93	00:32.57	00:32.26	00:32.92	00:32.45	00:32.86
								

	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	04:47.76	05:20.89	05:53.70	06:26.73	06:59.78	07:32.78	08:05.92	08:38.78
	00:32.59	00:33.13	00:32.81	00:33.03	00:33.05	00:33.00	00:33.14	00:32.86
								

	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	09:11.69	09:44.67	10:17.51	10:50.49	11:23.81	11:56.59	12:29.71	13:02.98
	00:32.91	00:32.98	00:32.84	00:32.98	00:33.32	00:32.78	00:33.12	00:33.27
								

	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	13:36.06	14:08.93	14:41.87	15:14.74	15:47.44	16:18.26	
	00:33.08	00:32.87	00:32.94	00:32.87	00:32.70	00:30.82	
							

Coach feedback:

Event number: 12: 1500M FREESTYLE MEN 15-16 Heat:2, starttime: 13:01

Heat: 2/2 Lane : 5 Athlete: LAIME OSCAR Q-time: 17:03:02

PB (50m pool): 17:03.02 Antwerpen 27/07/2025 PB (25m pool): no time SB: 17:05.76 Charleroi 24/05/2026

	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	00:30.50	01:03.00	01:36.63	02:10.77	02:45.13	03:19.91	03:54.42	04:28.75
	00:30.50	00:32.50	00:33.63	00:34.14	00:34.36	00:34.78	00:34.51	00:34.33
								

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	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	05:02.83	05:37.17	06:11.63	06:45.98	07:20.28	07:54.46	08:28.90	09:03.07
	00:34.08	00:34.34	00:34.46	00:34.35	00:34.30	00:34.18	00:34.44	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	09:37.56	10:11.68	10:46.01	11:20.64	11:54.87	12:29.28	13:03.88	13:38.11
	00:34.49	00:34.12	00:34.33	00:34.63	00:34.23	00:34.41	00:34.60	00:34.23
								

	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	14:12.67	14:47.06	15:21.61	15:55.92	16:29.81	17:03.02	
	00:34.56	00:34.39	00:34.55	00:34.31	00:33.89	00:33.21	
							

Coach feedback: