

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: SCWR

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

Coaches: Lejeune Yves HEADCOACH

Coaches: Lejeune Melanie

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18 **Heat:4, starttime: 08:45**

Heat: 4/5 Lane : 3 Athlete: GENIN ALEXANDRE **Q-time: 04:20:29**

PB (50m pool): 04:20.29 Antwerpen 27/07/2025 **PB (25m pool): 04:18.41 SB: 04:33.43 La Louvière 29/11/2025**

	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	00:28.40	01:00.39	01:33.79	02:07.72	02:41.03	03:14.81	03:48.25	04:20.29
	00:28.40	00:31.99	00:33.40	00:33.93	00:33.31	00:33.78	00:33.44	00:32.04
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 **Heat:4, starttime: 09:14**

Heat: 4/5 Lane : 5 Athlete: GANSEMANS KESSY **Q-time: 05:15:85**

PB (50m pool): 05:15.85 Antwerpen 27/07/2025 **PB (25m pool): 05:06.88 SB: 05:16.12 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	00:33.69	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:

Event number: 19: 400M MEDLEY WOMEN 15-18 **Heat:5, starttime: 09:20**

Heat: 5/5 Lane : 3 Athlete: VEDERNIKOVA VERA **Q-time: 05:02:26**

PB (50m pool): 05:02.26 Antwerpen 17/05/2026 **PB (25m pool): 04:58.68 SB: 05:02.26 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	00:31.04	01:07.58	01:47.80	02:27.54	03:11.25	03:56.10	04:30.42	05:02.26
	00:31.04	00:36.54	00:40.22	00:39.74	00:43.71	00:44.85	00:34.32	00:31.84
								

Coach feedback:

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Event number: 22: 200M BUTTERFLY MEN 15+					Heat:5, starttime: 10:25
Heat: 5/5 Lane : 3 Athlete: VAN SINTEJAN ROMAIN					Q-time: 02:10:82
PB (50m pool): 02:10.82 Antwerpen 17/05/2026					PB (25m pool): 02:11.94 SB: 02:10.82 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.46	01:01.46	01:36.47	02:10.82	
	00:28.46	00:33.00	00:35.01	00:34.35	
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+					Heat:4, starttime: 10:59
Heat: 4/22 Lane : 6 Athlete: LASCARACHE CHRISTIAN					Q-time: 00:58:65
PB (50m pool): 00:58.65 Molenbeek 01/02/2026					PB (25m pool): 00:57.06 SB: 00:58.65 Molenbeek 01/02/2026
	5 0 M	1 0 0 M			
PB	no time	00:58.65			
	no time				
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+					Heat:7, starttime: 11:39
Heat: 7/11 Lane : 2 Athlete: GANSEMANS KESSY					Q-time: 01:19:17
PB (50m pool): 01:19.17 Antwerpen 08/03/2026					PB (25m pool): 01:16.90 SB: 01:19.17 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:37.17	01:19.17			
	00:37.17	00:42.00			
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+					Heat:11, starttime: 11:46
Heat: 11/11 Lane : 8 Athlete: BUDNAK CAROLINA					Q-time: 01:16:14
PB (50m pool): 01:16.14 Antwerpen 27/07/2025					PB (25m pool): 01:13.78 SB: no time
	5 0 M	1 0 0 M			
PB	00:35.66	01:16.14			
	00:35.66	00:40.48			
					

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:8, starttime: 12:08																																		
Heat: 8/17																				Lane : 8					Athlete: EL MARGOUM INES										Q-time: 00:31:16									
PB (50m pool): 00:31.29										Molenbeek					01/02/2026					PB (25m pool): 00:31.02										SB: 00:31.29					Molenbeek					01/02/2026				
	5 0 M																																											
PB	00:31.29																																											
	00:31.29																																											
																																												

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:12, starttime: 12:12																													
Heat: 12/17																				Lane : 2					Athlete: VEDERNIKOVA VERA										Q-time: 00:30:32				
PB (50m pool): 00:30.32										Molenbeek					01/02/2026					PB (25m pool): 00:30.00 SB: 00:30.32										Molenbeek					01/02/2026				
		5 0 M																																					
PB		00:30.32																																					
		00:30.32																																					
																																							

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:18, starttime: 13:09	
Heat: 18/19 Lane : 7 Athlete: GENIN ALEXANDRE					Q-time: 02:15:91	
PB (50m pool): 02:18.07 Antwerpen 17/05/2026			PB (25m pool): 02:15.29SB: 02:18.07 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.16	01:06.29	01:45.96	02:18.07		
	00:29.16	00:37.13	00:39.67	00:32.11		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:18, starttime: 13:09	
Heat: 18/19 Lane : 8 Athlete: VAN SINTEJAN ROMAIN					Q-time: 02:17:16	
PB (50m pool): 02:17.16 Antwerpen 27/07/2025			PB (25m pool): 02:14.30 SB: 02:18.78 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.17	01:06.72	01:46.45	02:17.16		
	00:29.17	00:37.55	00:39.73	00:30.71		
						

Coach feedback: