

CB-BK WE2 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: 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: 34: 200M MEDLEY WOMEN 15+					Heat:11, starttime: 09:02
Heat: 11/16 Lane : 6 Athlete: CARLOS DA SILVA ILANA-LUISA					Q-time: 02:35:74
PB (50m pool): 02:35.74 Seraing 22/03/2026					PB (25m pool): 02:33.80 SB: 02:35.74 Seraing 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.36	01:15.24	01:59.62	02:35.74	
	00:33.36	00:41.88	00:44.38	00:36.12	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:12, starttime: 09:05
Heat: 12/16 Lane : 1 Athlete: WÉGRIA ELENA					Q-time: 02:35:31
PB (50m pool): 02:35.59 Luxembourg - Kirchberg 15/03/2026					PB (25m pool): no time SB: 02:35.59 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.33	01:11.96	02:00.46	02:35.59	
	00:33.33	00:38.63	00:48.50	00:35.13	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:16, starttime: 09:17
Heat: 16/16 Lane : 2 Athlete: DELSAER LAURIEN					Q-time: 02:27:90
PB (50m pool): 02:28.31 Charleroi 15/02/2026					PB (25m pool): 02:30.05 SB: 02:28.31 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.08	01:09.95	01:54.86	02:28.31	
	00:32.08	00:37.87	00:44.91	00:33.45	
					

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 15+				Heat:2, starttime: 09:45	
Heat: 2/12 Lane : 5 Athlete: PAQUES CÉLYA				Q-time: 01:03:47	
PB (50m pool): 01:03.47 Charleroi 16/02/2025				PB (25m pool): 01:02.03 SB: no time	
	5 0 M	1 0 0 M			
PB	00:31.22	01:03.47			
	00:31.22	00:32.25			
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+				Heat:5, starttime: 09:49	
Heat: 5/12 Lane : 2 Athlete: PAQUES TYPHANIE				Q-time: 01:02:58	
PB (50m pool): 01:02.58 Charleroi 16/02/2025				PB (25m pool): 01:03.23 SB: no time	
	5 0 M	1 0 0 M			
PB	00:30.68	01:02.58			
	00:30.68	00:31.90			
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+				Heat:11, starttime: 09:59	
Heat: 11/12 Lane : 6 Athlete: BAJOT CLÉMENCE				Q-time: 00:58:69	
PB (50m pool): 00:58.69 Antwerpen 17/05/2026				PB (25m pool): 00:57.04 SB: 00:58.69 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M			
PB	00:28.32	00:58.69			
	00:28.32	00:30.37			
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:11, starttime: 11:05	
Heat: 11/11 Lane : 6 Athlete: WÉGRJA ELENA					Q-time: 02:24:77	
PB (50m pool): 02:24.77 Charleroi 15/02/2026					PB (25m pool): 02:21.36 SB: 02:24.77 Charleroi 15/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.56	01:10.49	01:48.25	02:24.77		
	00:34.56	00:35.93	00:37.76	00:36.52		
						

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:6, starttime: 11:22
Heat: 6/19 Lane : 3 Athlete: GILLARD SACHA					Q-time: 02:08:30
PB (50m pool): 02:08.30 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): no time SB: 02:08.30 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.77	01:02.19	01:35.51	02:08.30	
	00:29.77	00:32.42	00:33.32	00:32.79	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:14, starttime: 11:43
Heat: 14/19 Lane : 7 Athlete: LAIME OSCAR					Q-time: 02:03:47
PB (50m pool): 02:03.47 Luxembourg - Kirchberg 15/03/2026					PB (25m pool): 02:09.47 SB: 02:03.47 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.17	00:59.10	01:31.22	02:03.47	
	00:28.17	00:30.93	00:32.12	00:32.25	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:17, starttime: 11:51
Heat: 17/19 Lane : 4 Athlete: SAIVE ANTOINE					Q-time: 01:52:82
PB (50m pool): 01:52.82 Antwerpen 27/04/2025					PB (25m pool): 01:49.67 SB: 01:53.76 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.13	00:53.92	01:23.17	01:52.82	
	00:26.13	00:27.79	00:29.25	00:29.65	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:18, starttime: 11:53
Heat: 18/19 Lane : 2 Athlete: LAMBERT NOAH					Q-time: 01:58:66
PB (50m pool): 02:01.51 Charleroi 15/02/2026					PB (25m pool): 02:03.48 SB: 02:01.51 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.62	00:57.84	01:29.59	02:01.51	
	00:27.62	00:30.22	00:31.75	00:31.92	
					

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:18, starttime: 11:53
Heat: 18/19 Lane : 4 Athlete: VANHECKE RAPHAËL					Q-time: 01:51:43
PB (50m pool): 01:52.28 Antwerpen 27/04/2025					PB (25m pool): 01:48.20 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:25.89	00:54.46	01:23.48	01:52.28	
	00:25.89	00:28.57	00:29.02	00:28.80	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:19, starttime: 11:56
Heat: 19/19 Lane : 3 Athlete: LOVENS FLORENTIN					Q-time: 01:55:52
PB (50m pool): 01:55.52 Antwerpen 17/05/2026					PB (25m pool): 01:52.26 SB: 01:55.52 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.15	00:56.20	01:26.03	01:55.52	
	00:27.15	00:29.05	00:29.83	00:29.49	
					

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+					Heat:8, starttime: 12:48
Heat: 8/9 Lane : 7 Athlete: BAJOT CLÉMENCE					Q-time: 01:05:17
PB (50m pool): 01:05.17 Antwerpen 17/05/2026					PB (25m pool): 01:05.76 SB: 01:05.17 Antwerpen 17/05/2026
	5 0 M	1 0 0 M			
PB	00:30.22	01:05.17			
	00:30.22	00:34.95			
					

Coach feedback:

Event number: 43: 800M FREESTYLE MEN 15-16							Heat:2, starttime: 13:02	
Heat: 2/2 Lane : 1 Athlete: GILLARD SACHA							Q-time: 09:20:18	
PB (50m pool): 09:20.18 La Louvière 08/02/2026			PB (25m pool): 09:40.60SB: 09:20.18 La Louvière 08/02/2026					
	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	00:31.79	01:06.55	01:41.98	02:17.50	02:52.87	03:28.62	04:03.80	04:39.47
	00:31.79	00:34.76	00:35.43	00:35.52	00:35.37	00:35.75	00:35.18	00:35.67
								
	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	05:14.80	05:50.54	06:25.49	07:00.79	07:35.64	08:11.14	08:46.14	09:20.18
	00:35.33	00:35.74	00:34.95	00:35.30	00:34.85	00:35.50	00:35.00	00:34.04
								

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Event number: 43: 800M FREESTYLE MEN 15-16							Heat:2, starttime: 13:02	
Heat: 2/2 Lane : 4 Athlete: LAMBERT NOAH							Q-time: 08:37:71	
PB (50m pool): 08:37.71 Antwerpen 17/05/2026				PB (25m pool): 08:23.53SB: 08:37.71 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	00:29.14	01:00.95	01:33.12	02:05.31	02:37.61	03:09.89	03:42.28	04:14.83
	00:29.14	00:31.81	00:32.17	00:32.19	00:32.30	00:32.28	00:32.39	00:32.55
								
	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	04:47.49	05:20.33	05:53.38	06:26.59	06:59.77	07:33.13	08:06.28	08:37.71
	00:32.66	00:32.84	00:33.05	00:33.21	00:33.18	00:33.36	00:33.15	00:31.43
								

Coach feedback:

Event number: 43: 800M FREESTYLE MEN 15-16							Heat:2, starttime: 13:02	
Heat: 2/2 Lane : 6 Athlete: LAIME OSCAR							Q-time: 08:58:57	
PB (50m pool): 09:01.27 La Louvière 08/02/2026				PB (25m pool): no time SB: 09:01.27 La Louvière 08/02/2026				
	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	00:30.33	01:03.14	01:36.50	02:10.21	02:43.91	03:17.88	03:51.85	04:26.45
	00:30.33	00:32.81	00:33.36	00:33.71	00:33.70	00:33.97	00:33.97	00:34.60
								
	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	05:01.04	05:35.36	06:09.63	06:44.83	07:19.45	07:54.02	08:28.28	09:01.27
	00:34.59	00:34.32	00:34.27	00:35.20	00:34.62	00:34.57	00:34.26	00:32.99
								

Coach feedback:

Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 13:23	
Heat: 2/2 Lane : 1 Athlete: MARDAGA ANAÏS							Q-time: 09:38:17	
PB (50m pool): 09:38.17 Antwerpen 27/07/2025				PB (25m pool): 09:34.14 SB: 09:42.37 Luxembourg - Kirchberg 15/03/2026				
	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	00:32.61	01:08.03	01:44.38	02:21.32	02:58.22	03:35.52	04:12.04	04:48.27
	00:32.61	00:35.42	00:36.35	00:36.94	00:36.90	00:37.30	00:36.52	00:36.23
								
	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	05:24.48	06:00.83	06:37.25	07:13.51	07:50.11	08:26.44	09:02.95	09:38.17
	00:36.21	00:36.35	00:36.42	00:36.26	00:36.60	00:36.33	00:36.51	00:35.22
								

Coach feedback:

CB-BK WE2 2026: Session: 5: COACH evaluation sheet for TEAM: LGN

Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 13:23	
Heat: 2/2 Lane : 2 Athlete: DELSAER LAURIEN							Q-time: 09:28:96	
PB (50m pool): 09:28.96 Antwerpen 20/07/2025				PB (25m pool): 09:43.75SB: no time				
	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	00:32.34	01:07.56	01:42.85	02:18.30	02:53.88	03:29.42	04:05.18	04:40.91
	00:32.34	00:35.22	00:35.29	00:35.45	00:35.58	00:35.54	00:35.76	00:35.73
								
	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	05:16.34	05:51.99	06:28.25	07:05.09	07:41.07	08:18.00	08:54.38	09:28.96
	00:35.43	00:35.65	00:36.26	00:36.84	00:35.98	00:36.93	00:36.38	00:34.58
								

Coach feedback:

Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 13:23	
Heat: 2/2 Lane : 5 Athlete: JORISSEN JANNE							Q-time: 09:19:28	
PB (50m pool): 09:19.28 Charleroi 15/02/2026				PB (25m pool): 09:37.81SB: 09:19.28 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	00:32.09	01:05.92	01:41.10	02:15.82	02:51.09	03:25.80	04:01.52	04:36.20
	00:32.09	00:33.83	00:35.18	00:34.72	00:35.27	00:34.71	00:35.72	00:34.68
								
	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	05:11.44	05:46.60	06:22.34	06:57.69	07:33.96	08:09.30	08:45.07	09:19.28
	00:35.24	00:35.16	00:35.74	00:35.35	00:36.27	00:35.34	00:35.77	00:34.21
								

Coach feedback: