

CB-BK WE2 2026: Session: 5: 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: 34: 200M MEDLEY WOMEN 15+ Heat:5, starttime: 08:43

Heat: 5/16 Lane : 2 Athlete: EL MARGOUM INES					Q-time: 02:41:02
PB (50m pool): 02:41.02 Charleroi 24/05/2026			PB (25m pool): 02:36.25 SB: 02:41.02 Charleroi 24/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.05	01:13.84	02:04.54	02:41.02	
	00:33.05	00:40.79	00:50.70	00:36.48	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:15, starttime: 09:14

Heat: 15/16 Lane : 1 Athlete: GANSEMANS KESSY					Q-time: 02:29:86
PB (50m pool): 02:29.86 Geneva 08/02/2026			PB (25m pool): 02:28.47 SB: 02:29.86 Geneva 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:11.42	01:54.11	02:29.86	
	00:32.55	00:38.87	00:42.69	00:35.75	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:16, starttime: 09:17

Heat: 16/16 Lane : 6 Athlete: VEDERNIKOVA VERA					Q-time: 02:27:45
PB (50m pool): 02:27.45 Antwerpen 17/05/2026			PB (25m pool): 02:23.99 SB: 02:27.45 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.17	01:09.94	01:54.14	02:27.45	
	00:31.17	00:38.77	00:44.20	00:33.31	
					

Coach feedback:

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Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:4, starttime: 09:30
Heat: 4/7 Lane : 6 Athlete: VAN SINTEJAN ROMAIN					Q-time: 02:35:94
PB (50m pool): 02:35.94 Charleroi 24/05/2026			PB (25m pool): 02:42.04 SB: 02:35.94 Charleroi 24/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.75	01:13.99	01:54.76	02:35.94	
	00:35.75	00:38.24	00:40.77	00:41.18	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:8, starttime: 10:55
Heat: 8/11 Lane : 2 Athlete: GANSEMANS KESSY					Q-time: 02:32:43
PB (50m pool): 02:32.43 La Louvière 25/05/2025			PB (25m pool): 02:26.38 SB: 02:34.65 Charleroi 24/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.98	01:14.92	01:54.25	02:32.43	
	00:35.98	00:38.94	00:39.33	00:38.18	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:4, starttime: 11:17
Heat: 4/19 Lane : 4 Athlete: LASCARACHE CHRISTIAN					Q-time: 02:09:41
PB (50m pool): 02:09.41 Antwerpen 27/07/2025			PB (25m pool): 02:04.77 SB: 02:12.08 Molenbeek 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.17	01:01.80	01:35.49	02:09.41	
	00:29.17	00:32.63	00:33.69	00:33.92	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:15, starttime: 11:46
Heat: 15/19 Lane : 8 Athlete: GENIN ALEXANDRE					Q-time: 02:02:49
PB (50m pool): 02:02.49 Antwerpen 27/07/2025			PB (25m pool): 02:00.38 SB: 02:03.83 Molenbeek 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.30	00:57.46	01:30.23	02:02.49	
	00:27.30	00:30.16	00:32.77	00:32.26	
					

Coach feedback:

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Event number: 40: 50M BREASTSTROKE WOMEN 15+			Heat:10, starttime: 12:09
Heat: 10/12 Lane : 7 Athlete: BUDNAK CAROLINA			Q-time: 00:34:37
PB (50m pool): 00:34.37 Geneva 09/02/2025			PB (25m pool): 00:33.96 SB: no time
	5 0 M		
PB	00:34.37		
	00:34.37		
			

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+			Heat:6, starttime: 12:18
Heat: 6/24 Lane : 6 Athlete: GENIN ALEXANDRE			Q-time: 00:28:58
PB (50m pool): 00:28.58 Charleroi 24/05/2026			PB (25m pool): 00:28.34 SB: 00:28.58 Charleroi 24/05/2026
	5 0 M		
PB	00:28.58		
	00:28.58		
			

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+			Heat:20, starttime: 12:31
Heat: 20/24 Lane : 7 Athlete: VAN SINTEJAN ROMAIN			Q-time: 00:26:77
PB (50m pool): 00:26.77 Antwerpen 08/03/2026			PB (25m pool): 00:27.00 SB: 00:26.77 Antwerpen 08/03/2026
	5 0 M		
PB	00:26.77		
	00:26.77		
			

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:5, starttime: 12:43
Heat: 5/9 Lane : 1 Athlete: EL MARGOUM INES			Q-time: 01:08:18
PB (50m pool): 01:08.64 Antwerpen 17/05/2026			PB (25m pool): 01:08.10 SB: 01:08.64 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:32.09	01:08.64	
	00:32.09	00:36.55	
			

Coach feedback:

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Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 13:23	
Heat: 2/2 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 09:18:96	
PB (50m pool): 09:18.96 Antwerpen 27/04/2025				PB (25m pool): 09:11.78SB: 09:23.00 Geneva 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	00:31.85	01:05.45	01:40.41	02:15.92	02:51.44	03:26.90	04:02.57	04:37.78
	00:31.85	00:33.60	00:34.96	00:35.51	00:35.52	00:35.46	00:35.67	00:35.21
								
	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	05:13.58	05:48.94	06:25.19	07:01.04	07:36.39	08:11.74	08:46.29	09:18.96
	00:35.80	00:35.36	00:36.25	00:35.85	00:35.35	00:35.35	00:34.55	00:32.67
								

Coach feedback: