

# CB-BK WE2 2026: Session: 6: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 15:00 untill 15:45. 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: 45: 800M FREESTYLE MEN 17+           |                |              |              |                                                                |              |              | Heat:1, starttime: 16:46 |              |
|----------------------------------------------------|----------------|--------------|--------------|----------------------------------------------------------------|--------------|--------------|--------------------------|--------------|
| Heat: 1/1    Lane : 4    Athlete: LOVENS FLORENTIN |                |              |              |                                                                |              |              | Q-time: 08:15:89         |              |
| PB (50m pool): 08:13.60    Antwerpen    21/04/2024 |                |              |              | PB (25m pool): 07:54.13SB: 08:16.30    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                                                 | no time        | no time      | no time      | no time                                                        | no time      | no time      | no time                  | no time      |
|                                                    | <i>no time</i> |              |              |                                                                |              |              |                          |              |
|                                                    | <i>.....</i>   | <i>.....</i> | <i>.....</i> | <i>.....</i>                                                   | <i>.....</i> | <i>.....</i> | <i>.....</i>             | <i>.....</i> |
|                                                    | 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                                                 | no time        | no time      | no time      | no time                                                        | no time      | no time      | no time                  | 08:13.60     |
|                                                    |                |              |              |                                                                |              |              |                          |              |
|                                                    | <i>.....</i>   | <i>.....</i> | <i>.....</i> | <i>.....</i>                                                   | <i>.....</i> | <i>.....</i> | <i>.....</i>             | <i>.....</i> |

Coach feedback:

| Event number: 46: 800M FREESTYLE WOMEN 17+         |          |          |          |                                                                |          |          | Heat:1, starttime: 16:56 |          |
|----------------------------------------------------|----------|----------|----------|----------------------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 1/1    Lane : 4    Athlete: PAQUES CÉLYA     |          |          |          |                                                                |          |          | Q-time: 09:08:06         |          |
| PB (50m pool): 09:08.06    Antwerpen    22/03/2026 |          |          |          | PB (25m pool): 08:54.65SB: 09:08.06    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                                                 | 00:30.85 | 01:04.36 | 01:38.75 | 02:13.22                                                       | 02:47.89 | 03:22.74 | 03:57.45                 | 04:32.12 |
|                                                    | 00:30.85 | 00:33.51 | 00:34.39 | 00:34.47                                                       | 00:34.67 | 00:34.85 | 00:34.71                 | 00:34.67 |
|                                                    | .....    | .....    | .....    | .....                                                          | .....    | .....    | .....                    | .....    |
|                                                    | 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                                                 | 05:06.86 | 05:41.57 | 06:16.36 | 06:51.25                                                       | 07:26.20 | 08:01.19 | 08:35.05                 | 09:08.06 |
|                                                    | 00:34.74 | 00:34.71 | 00:34.79 | 00:34.89                                                       | 00:34.95 | 00:34.99 | 00:33.86                 | 00:33.01 |
|                                                    | .....    | .....    | .....    | .....                                                          | .....    | .....    | .....                    | .....    |

Coach feedback:

# CB-BK WE2 2026: Session: 6: COACH evaluation sheet for TEAM: LGN

| Event number: 46: 800M FREESTYLE WOMEN 17+         |           |           |           |                                                                |           |           | Heat:1, starttime: 16:56 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/1    Lane : 5    Athlete: PAQUES TYPHANIE  |           |           |           |                                                                |           |           | Q-time: 09:14:05         |           |
| PB (50m pool): 09:14.05    Antwerpen    22/03/2026 |           |           |           | PB (25m pool): 08:53.98SB: 09:14.05    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                                                 | 00:31.11  | 01:04.62  | 01:38.76  | 02:13.30                                                       | 02:48.21  | 03:23.04  | 03:57.98                 | 04:33.35  |
|                                                    | 00:31.11  | 00:33.51  | 00:34.14  | 00:34.54                                                       | 00:34.91  | 00:34.83  | 00:34.94                 | 00:35.37  |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                      | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                    | 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                                                 | 05:08.19  | 05:43.43  | 06:18.72  | 06:54.24                                                       | 07:29.56  | 08:04.84  | 08:39.78                 | 09:14.05  |
|                                                    | 00:34.84  | 00:35.24  | 00:35.29  | 00:35.52                                                       | 00:35.32  | 00:35.28  | 00:34.94                 | 00:34.27  |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                      | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 47: 4x100M MEDLEY MEN 15+      |           |           |                |           |           |           | Heat:4, starttime: 17:22 |           |
|----------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 3    Athlete: TEAM LGN 7 |           |           |                |           |           |           | Q-time: 03:59:64         |           |
| 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: 48: 4x100M MEDLEY WOMEN 15+    |           |           |                |           |           |           | Heat:2, starttime: 17:33 |           |
|----------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 8    Athlete: TEAM LGN 8 |           |           |                |           |           |           | Q-time: 04:36:10         |           |
| 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: