

OBC 25M 2025: Session: 1: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Gitsels Els

Coaches: Henveaux André HEADCOACH

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

Event number: 1: 400M FREESTYLE WOMEN							Heat:2, starttime: 09:05	
Heat: 2/3 Lane : 2 Athlete: DELSAER LAURIEN							Q-time: 04:25:15	
PB (25m pool): 4:25.15 Saint-Dizier (F 11 Oct 2025				PB (50m pool): 4:32.71 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		29.95		1:02.56		1:35.75		2:09.45
	29.95		32.61		33.19		33.70	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:43.01		3:16.89		3:51.40		4:25.15
	33.56		33.88		34.51		33.75	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN							Heat:2, starttime: 09:05	
Heat: 2/3 Lane : 7 Athlete: PAQUES CÉLYA							Q-time: 04:27:35	
PB (25m pool): 4:26.69 Liege 12 Oct 2025			PB (50m pool): 4:28.34 SB:					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		30.46		1:03.36				2:10.39
	30.46		32.90			1:07.03		
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								4:26.69
			2:16.30					
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN							Heat:3, starttime: 09:10	
Heat: 3/3 Lane : 7 Athlete: PAQUES TYPHANIE							Q-time: 04:25:51	
PB (25m pool): 4:25.51 Gent 11 Nov 2024				PB (50m pool): 4:26.74 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		30.08		1:03.00		1:36.75		2:10.87
	30.8		32.92		33.75		34.12	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:45.03		3:19.09		3:53.07		4:25.51
	34.16		34.6		33.98		32.44	
					E-jury: · 2025-11-05 time: 03:18:02pm: Page: 1 / 4			

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Event number: 2: 400M MEDLEY MEN							Heat:2, starttime: 09:20	
Heat: 2/3 Lane : 5 Athlete: LECOCQ JUSTIN							Q-time: 04:27:80	
PB (25m pool): 4:27.80 Gent 9 Nov 2024				PB (50m pool): 4:36.71 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		28.22		1:00.95		1:35.24		2:08.57
	28.22		32.73		34.29		33.33	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		2:47.26		3:26.65		3:58.02		4:27.80
	38.69		39.39		31.37		29.78	
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN										Heat:2, starttime: 09:35	
Heat: 2/6 Lane : 5 Athlete: BAJOT CLÉMENCE										Q-time: 00:31:69	
PB (25m pool): 31.69 Saint-Dizier (F 10 Oct 2025										PB (50m pool): 32.62 SB:	
	2 5 M		5 0 M								
PB			31.69								
	31.69										
											

Coach feedback:

Event number: 4: 50M FREESTYLE MEN										Heat:6, starttime: 09:45	
Heat: 6/8 Lane : 6 Athlete: MAGREMANNE MATTÉO										Q-time: 00:23:18	
PB (25m pool): 23.18 Saint-Dizier (F 12 Oct 2025										PB (50m pool): 23.83 SB:	
	2 5 M		5 0 M								
PB			23.18								
	23.18										
											

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN							Heat:3, starttime: 09:55	
Heat: 3/4 Lane : 1 Athlete: DELSAER LAURIEN							Q-time: 02:42:89	
PB (25m pool): 2:42.89 Saint-Dizier (F 11 Oct 2025				PB (50m pool): 2:46.54 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		36.75		1:18.16		2:00.48		2:42.89
	36.75		41.41		42.32		42.41	
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN							Heat:3, starttime: 10:15	
Heat: 3/6 Lane : 3 Athlete: BAJOT CLÉMENCE							Q-time: 01:08:17	
PB (25m pool): 1:08.17 Saint-Dizier (F 11 Oct 2025				PB (50m pool): No time SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		30.98		1:08.17				
	30.98		37.19					
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:4, starttime: 10:30	
Heat: 4/4 Lane : 3 Athlete: COURBOIS THOMAS							Q-time: 02:03:21	
PB (25m pool): 2:02.44 Leuven 13 Nov 2022				PB (50m pool): 2:06.43 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		28.69		59.97		1:31.40		2:02.44
	28.69		31.28		31.43		31.04	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN							Heat:4, starttime: 10:30	
Heat: 4/4 Lane : 5 Athlete: LECOCQ JUSTIN							Q-time: 02:01:97	
PB (25m pool): 2:01.97 Gent 11 Nov 2024				PB (50m pool): 2:05.20 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		29.07		1:00.08		1:31.42		2:01.97
	29.7		31.1		31.34		30.55	
								

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN			Heat:4, starttime: 10:55
Heat: 4/7 Lane : 7 Athlete: BAJOT CLÉMENCE			Q-time: 00:27:34
PB (25m pool): 27.34 Saint-Dizier (F 12 Oct 2025 PB (50m pool): 28.51 SB:			
	2 5 M	5 0 M	
PB		27.34	
		27.34	
			

Coach feedback: