

OBC 25M 2025: Session: 3: 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: 15: 400M FREESTYLE MEN							Heat:2, starttime: 09:05	
Heat: 2/4 Lane : 6 Athlete: LAMBERT NOAH							Q-time: 04:08:45	
PB (25m pool): 4:08.45 Saint-Dizier (F 11 Oct 2025							PB (50m pool): 4:09.16 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		26.87		56.60		1:27.76		1:59.73
	26.87		29.73		31.16		31.97	
								
	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		2:31.79		3:04.18		3:36.54		4:08.45
	32.06		32.39		32.36		31.91	
								

Coach feedback:

Event number: 15: 400M FREESTYLE MEN							Heat:3, starttime: 09:10	
Heat: 3/4 Lane : 3 Athlete: SAIVE ANTOINE							Q-time: 03:53:07	
PB (25m pool): 3:53.07 Gent 9 Nov 2024							PB (50m pool): 4:01.46 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		27.35		56.68		1:26.16		1:56.12
	27.35		29.33		29.48		29.96	
								
	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		2:25.61		2:55.01		3:24.32		3:53.07
	29.49		29.40		29.31		28.75	
								

Coach feedback:

Event number: 15: 400M FREESTYLE MEN							Heat:4, starttime: 09:15	
Heat: 4/4 Lane : 3 Athlete: LOVENS FLORENTIN							Q-time: 03:51:79	
PB (25m pool): 3:51.79 Gent 9 Nov 2024							PB (50m pool): 3:58.45 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		27.48		56.34		1:25.61		1:54.98
	27.48		28.86		29.27		29.37	
								
	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		2:24.20		2:53.60		3:23.07		3:51.79
	29.22		29.40		29.47		28.72	
								

OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: LGN

Event number: 16: 400M MEDLEY WOMEN							Heat:2, starttime: 09:25	
Heat: 2/3 Lane : 1 Athlete: DELSAER LAURIEN							Q-time: 05:09:57	
PB (25m pool): 5:09.57 Saint-Dizier (F 12 Oct 2025				PB (50m pool): 5:09.18 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		32.95		1:11.36		1:50.19		2:28.58
	32.95		38.41		38.83		38.39	
								
	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		3:13.92		4:00.00		4:34.75		5:09.57
	45.34		46.08		34.75		34.82	
								

Coach feedback:

Event number: 17: 50M BACKSTROKE MEN										Heat:7, starttime: 09:45	
Heat: 7/7 Lane : 2 Athlete: COURBOIS THOMAS										Q-time: 00:26:86	
PB (25m pool): 26.86 Gent 10 Nov 2024										PB (50m pool): 27.29 SB:	
	2 5 M		5 0 M								
PB			26.86								
			26.86								
											

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN							Heat:2, starttime: 09:45	
Heat: 2/6 Lane : 8 Athlete: WÉGRIA ELENA							Q-time: 01:07:52	
PB (25m pool): 1:07.52 Crisnee 24 May 2025				PB (50m pool): 1:10.50 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		32.94		1:07.52				
	32.94		34.58					
								

Coach feedback:

OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: LGN

Event number: 18: 100M BACKSTROKE WOMEN					Heat:3, starttime: 09:50
Heat: 3/6 Lane : 4 Athlete: BAJOT CLÉMENCE					Q-time: 01:06:50
PB (25m pool): 1:06.50 Crisnee 24 May 2025					PB (50m pool): 1:10.54 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		32.61		1:06.50	
	32.61		33.89		
					

Coach feedback:

Event number: 19: 200M BUTTERFLY MEN							Heat:3, starttime: 10:00	
Heat: 3/4 Lane : 4 Athlete: LECOCQ JUSTIN							Q-time: 02:04:84	
PB (25m pool): 2:04.84 Gent 10 Nov 2024				PB (50m pool): 2:06.26 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		27.88		59.63		1:32.09		2:04.84
	27.88		31.75		32.46		32.75	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN							Heat:4, starttime: 10:15	
Heat: 4/4 Lane : 2 Athlete: DELSAER LAURIEN							Q-time: 02:06:54	
PB (25m pool): 2:06.54 Saint-Dizier (F 12 Oct 2025				PB (50m pool): 2:09.29 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		29.20		1:01.00		1:33.94		2:06.54
	29.20		31.80		32.94		32.60	
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN							Heat:2, starttime: 10:40	
Heat: 2/4 Lane : 6 Athlete: COURBOIS THOMAS							Q-time: 02:09:06	
PB (25m pool): 2:09.06 Crisnee 24 May 2025				PB (50m pool): 2:13.05 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		27.53						2:09.06
	27.53							1:41.53
								

Coach feedback:

OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: LGN

Event number: 24: 50M BUTTERFLY WOMEN						Heat:4, starttime: 10:55	
Heat: 4/6 Lane : 8 Athlete: BAJOT CLÉMENCE					Q-time: 00:29:18		
PB (25m pool): 29.18 Saint-Dizier (F 10 Oct 2025						PB (50m pool): 29.69 SB:	
	2 5 M		5 0 M				
PB			29.18				
	29.18						
							

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:5, starttime: 11:00	
Heat: 5/9 Lane : 1 Athlete: COURBOIS THOMAS					Q-time: 00:52:76	
PB (25m pool): 52.63 Crisnee 27 May 2023					PB (50m pool): 53.37 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		25.09		52.63		
	25.09		27.54			
						

Coach feedback:

Event number: 25: 100M FREESTYLE MEN					Heat:8, starttime: 11:05	
Heat: 8/9 Lane : 6 Athlete: MAGREMANNE MATTéo					Q-time: 00:50:60	
PB (25m pool): 50.60 Saint-Dizier (F 11 Oct 2025					PB (50m pool): 52.12 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		23.97		50.60		
	23.97		26.63			
						

Coach feedback: