

# OBC 25M 2025: Session: 5: 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: 30: 100M BUTTERFLY WOMEN                                         |           |           |           |           | Heat:2, starttime: 09:00 |
|--------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 2/5 Lane : 2 Athlete: BAJOT CLÉMENCE                                     |           |           |           |           | Q-time: 01:06:75         |
| PB (25m pool): 1:06.75 Saint-Dizier (F 12 Oct 2025) PB (50m pool): 1:07.42 SB: |           |           |           |           |                          |
|                                                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                                                             |           | 31.33     |           | 1:06.75   |                          |
|                                                                                | 31.33     |           | 35.42     |           |                          |
|                                                                                | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 31: 100M BACKSTROKE MEN                                          |           |           |           |           | Heat:3, starttime: 09:10 |
|--------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 3/7 Lane : 3 Athlete: LAMBERT NOAH                                       |           |           |           |           | Q-time: 01:01:23         |
| PB (25m pool): 1:01.23 Saint-Dizier (F 12 Oct 2025) PB (50m pool): 1:11.26 SB: |           |           |           |           |                          |
|                                                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                                                             |           | 29.78     |           | 1:01.23   |                          |
|                                                                                | 29.78     |           | 31.45     |           |                          |
|                                                                                | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 31: 100M BACKSTROKE MEN                                      |           |           |           |           | Heat:5, starttime: 09:15 |
|----------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 5/7 Lane : 3 Athlete: LECOCQ JUSTIN                                  |           |           |           |           | Q-time: 00:58:04         |
| PB (25m pool): 58.04 Saint-Dizier (F 12 Oct 2025) PB (50m pool): 58.59 SB: |           |           |           |           |                          |
|                                                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                                                         |           | 28.57     |           | 58.04     |                          |
|                                                                            | 28.57     |           | 29.47     |           |                          |
|                                                                            | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

OBC 25M 2025: Session: 5: COACH evaluation sheet for TEAM: LGN

| Event number: 31: 100M BACKSTROKE MEN       |       |       |       |         | Heat:6, starttime: 09:15 |
|---------------------------------------------|-------|-------|-------|---------|--------------------------|
| Heat: 6/7 Lane : 8 Athlete: COURBOIS THOMAS |       |       |       |         | Q-time: 00:59:51         |
| PB (25m pool): 58.36 Crisnee 24 Jul 2021    |       |       |       |         | PB (50m pool): 58.83 SB: |
|                                             | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M |                          |
| PB                                          |       | 28.62 |       | 58.36   |                          |
|                                             | 28.62 |       | 29.74 |         |                          |
|                                             | ..... | ..... | ..... | .....   |                          |

Coach feedback:

| Event number: 33: 200M FREESTYLE MEN                  |           |           |           |                               |           |           | Heat:3, starttime: 09:30 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 3    Athlete: MAGREMANNE MATTÉO   |           |           |           |                               |           |           | Q-time: 01:50:48         |           |
| PB (25m pool): 1:50.48    Saint-Dizier (F 12 Oct 2025 |           |           |           | PB (50m pool): 1:56.86    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                                                    |           | 25.11     |           | 52.75                         |           | 1:21.27   |                          | 1:50.48   |
|                                                       | 25.11     |           | 27.64     |                               | 28.52     |           | 29.21                    |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 33: 200M FREESTYLE MEN            |           |           |                               |           |           |           | Heat:3, starttime: 09:30 |           |
|-------------------------------------------------|-----------|-----------|-------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 5    Athlete: SAIVE ANTOINE |           |           |                               |           |           |           | Q-time: 01:49:67         |           |
| PB (25m pool): 1:49.67    Gent 11 Nov 2024      |           |           | PB (50m pool): 1:52.82    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                                              |           | 25.72     |                               | 53.45     |           | 1:21.43   |                          | 1:49.67   |
|                                                 | 25.72     |           | 27.73                         |           | 27.98     |           | 28.24                    |           |
|                                                 | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 33: 200M FREESTYLE MEN               |           |           |           |                               |           |           | Heat:5, starttime: 09:35 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/5    Lane : 2    Athlete: LOVENS FLORENTIN |           |           |           |                               |           |           | Q-time: 01:52:26         |           |
| PB (25m pool): 1:52.26    Gent 11 Nov 2024         |           |           |           | PB (50m pool): 1:56.78    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                                                 |           | 26.63     |           | 55.03                         |           | 1:23.84   |                          | 1:52.26   |
|                                                    | 26.63     |           | 28.40     |                               | 28.81     |           | 28.42                    |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

OBC 25M 2025: Session: 5: COACH evaluation sheet for TEAM: LGN

| Event number: 34: 200M BACKSTROKE WOMEN        |           |           |           |                               |           |           | Heat:3, starttime: 09:45 |           |
|------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 2    Athlete: WÉGRIA ELENA |           |           |           |                               |           |           | Q-time: 02:22:48         |           |
| PB (25m pool): 2:22.48    Leuven 23 Nov 2024   |           |           |           | PB (50m pool): 2:27.42    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                                             |           | 33.91     |           | 1:09.58                       |           | 1:46.14   |                          | 2:22.48   |
|                                                | 33.91     |           | 35.67     |                               | 36.56     |           | 36.34                    |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 35: 50M BUTTERFLY MEN                 |           |  |           |  |  |  |  |  |  | Heat:2, starttime: 09:50    |  |
|-----------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-----------------------------|--|
| Heat: 2/6    Lane : 5    Athlete: LECOCQ JUSTIN     |           |  |           |  |  |  |  |  |  | Q-time: 00:26:32            |  |
| PB (25m pool): 26.32    Saint-Dizier (F 10 Oct 2025 |           |  |           |  |  |  |  |  |  | PB (50m pool): 26.95    SB: |  |
|                                                     | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                             |  |
| PB                                                  |           |  | 26.32     |  |  |  |  |  |  |                             |  |
|                                                     | 26.32     |  |           |  |  |  |  |  |  |                             |  |
|                                                     | . . . . . |  | . . . . . |  |  |  |  |  |  |                             |  |

Coach feedback:

| Event number: 36: 200M MEDLEY WOMEN               |           |           |           |                               |           |           | Heat:2, starttime: 10:00 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/3    Lane : 1    Athlete: PAQUES TYPHANIE |           |           |           |                               |           |           | Q-time: 02:26:78         |           |
| PB (25m pool): 2:26.78    Crisnee    24 May 2025  |           |           |           | PB (50m pool): 2:30.58    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                                                |           | 31.67     |           |                               |           |           |                          | 2:26.78   |
|                                                   | 31.67     |           |           |                               |           |           |                          | 1:55.11   |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 38: 100M FREESTYLE WOMEN              |           |           |           |                             |  |  | Heat:5, starttime: 10:25 |  |
|-----------------------------------------------------|-----------|-----------|-----------|-----------------------------|--|--|--------------------------|--|
| Heat: 5/8    Lane : 4    Athlete: BAJOT CLÉMENCE    |           |           |           |                             |  |  | Q-time: 00:58:42         |  |
| PB (25m pool): 58.42    Saint-Dizier (F 11 Oct 2025 |           |           |           | PB (50m pool): 59.93    SB: |  |  |                          |  |
|                                                     | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                     |  |  |                          |  |
| PB                                                  |           | 28.09     |           | 58.42                       |  |  |                          |  |
|                                                     | 28.09     |           | 30.33     |                             |  |  |                          |  |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                   |  |  |                          |  |

Coach feedback:

OBC 25M 2025: Session: 5: COACH evaluation sheet for TEAM: LGN

| Event number: 39: 100M MEDLEY MEN                |       |       |       |         | Heat:8, starttime: 10:45   |
|--------------------------------------------------|-------|-------|-------|---------|----------------------------|
| Heat: 8/9 Lane : 6 Athlete: MAGREMANNE MATTÉO    |       |       |       |         | Q-time: 00:58:14           |
| PB (25m pool): 58.14 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                                               |       | 27.40 |       | 58.14   |                            |
|                                                  | 27.40 |       | 30.74 |         |                            |
|                                                  | ..... | ..... | ..... | .....   |                            |

Coach feedback:

| Event number: 40: 800M FREESTYLE WOMEN            |         |         |         |                               |         |         | Heat:1, starttime: 10:50 |         |
|---------------------------------------------------|---------|---------|---------|-------------------------------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 4    Athlete: PAQUES TYPHANIE |         |         |         |                               |         |         | Q-time: 09:07:71         |         |
| PB (25m pool): 9:07.71    Gent 10 Nov 2024        |         |         |         | PB (50m pool): 9:20.35    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                                                | 30.92   | 1:04.36 | 1:38.60 | 2:13.17                       | 2:47.07 | 3:21.48 | 3:55.74                  | 4:30.04 |
|                                                   | 30.92   | 33.44   | 34.24   | 34.57                         | 33.90   | 34.41   | 34.26                    | 34.30   |
|                                                   | .....   | .....   | .....   | .....                         | .....   | .....   | .....                    | .....   |
|                                                   | 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                                                | 5:04.46 | 5:39.04 | 6:13.72 | 6:48.66                       | 7:23.67 | 7:58.56 | 8:33.50                  | 9:07.71 |
|                                                   | 34.42   | 34.58   | 34.68   | 34.94                         | 35.1    | 34.89   | 34.94                    | 34.21   |
|                                                   | .....   | .....   | .....   | .....                         | .....   | .....   | .....                    | .....   |

Coach feedback: