

OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: AQUABLA

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

Coaches: De Smet Grégory HEADCOACH

Coaches: Massart Sébastien

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

Event number: 2: 100M BUTTERFLY WOMEN							Heat:4, starttime: 09:17	
Heat: 4/8 Lane : 6 Athlete: MANISE NAËLLE							Q-time: 01:08:20	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M						
PB	no time	no time						
	no time							
								

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN							Heat:2, starttime: 09:49	
Heat: 2/3 Lane : 3 Athlete: LHOIR ELOÏSE							Q-time: 05:07:62	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:2, starttime: 10:32	
Heat: 2/3 Lane : 2 Athlete: VAN HEIRWEGHE MAXIME							Q-time: 04:03:80	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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
	no time							
								

Coach feedback:

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Event number: 8: 200M FREESTYLE WOMEN					Heat:4, starttime: 10:50
Heat: 4/5 Lane : 8 Athlete: MANISE NAËLLE					Q-time: 02:09:74
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN					Heat:3, starttime: 11:12
Heat: 3/8 Lane : 7 Athlete: HARDACRE JULIETTE					Q-time: 00:32:62
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 12: 1500M FREESTYLE WOMEN							Heat:1, starttime: 11:28	
Heat: 1/1 Lane : 3 Athlete: STEVENS ELéONORE							Q-time: 19:02:08	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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>							
								

	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	no time
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

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	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	no time	no time	no time	no time	no time	no time	
							

Coach feedback: