

OBC LCM 2026: 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: 2: 100M BUTTERFLY WOMEN Heat:5, starttime: 09:19

Heat: 5/8 Lane : 3 Athlete: BAJOT CLÉMENCE Q-time: 01:07:42

PB (50m pool): 01:07.42 Charleroi 15/02/2026 PB (25m pool): 01:05.76 SB: 01:07.42 Charleroi 15/02/2026

	5 0 M	1 0 0 M	
PB	00:31.46	01:07.42	
	00:31.46	00:35.96	
			

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN Heat:4, starttime: 09:36

Heat: 4/5 Lane : 3 Athlete: COURBOIS THOMAS Q-time: 02:06:70

PB (50m pool): 02:06.43 Antwerpen 28/07/2024 PB (25m pool): 02:01.54 SB: 02:14.17 Seraing 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:06.43	
	no time				
					

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN Heat:5, starttime: 09:40

Heat: 5/5 Lane : 5 Athlete: LECOCQ JUSTIN Q-time: 02:04:13

PB (50m pool): 02:04.13 Antwerpen 22/03/2026 PB (25m pool): 01:59.50 SB: 02:04.13 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.27	01:00.40	01:32.34	02:04.13	
	00:29.27	00:31.13	00:31.94	00:31.79	
					

Coach feedback:

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Event number: 4: 400M MEDLEY WOMEN							Heat:3, starttime: 09:55	
Heat: 3/3 Lane : 6 Athlete: DELSAER LAURIEN							Q-time: 05:09:18	
PB (50m pool): 05:09.18 Antwerpen 20/07/2025				PB (25m pool): 04:58.00SB: 05:13.40 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	00:33.34	01:12.15	01:51.81	02:30.23	03:15.11	03:59.71	04:34.79	05:09.18
	00:33.34	00:38.81	00:39.66	00:38.42	00:44.88	00:44.60	00:35.08	00:34.39
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:1, starttime: 10:26	
Heat: 1/3 Lane : 5 Athlete: LAMBERT NOAH							Q-time: 04:09:16	
PB (50m pool): 04:09.16 Antwerpen 27/07/2025				PB (25m pool): 04:03.15 SB: 04:10.69 Charleroi 15/02/2026				
	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	00:27.74	00:58.16	01:29.13	02:01.04	02:32.78	03:05.42	03:37.77	04:09.16
	00:27.74	00:30.42	00:30.97	00:31.91	00:31.74	00:32.64	00:32.35	00:31.39
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:2, starttime: 10:32	
Heat: 2/3 Lane : 3 Athlete: LOVENS FLORENTIN							Q-time: 03:56:78	
PB (50m pool): 03:56.78 Antwerpen 22/03/2026				PB (25m pool): 03:51.79SB: 03:56.78 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	00:27.70	00:57.45	01:27.15	01:57.36	02:27.42	02:57.64	03:27.77	03:56.78
	00:27.70	00:29.75	00:29.70	00:30.21	00:30.06	00:30.22	00:30.13	00:29.01
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN							Heat:3, starttime: 10:36	
Heat: 3/3 Lane : 4 Athlete: HENVEAUX LUCAS							Q-time: 03:44:61	
PB (50m pool): 03:46.59 ANTWERPEN 23/04/2023				PB (25m pool): 03:37.23 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	03:46.59
	no time							
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN							Heat:3, starttime: 10:36	
Heat: 3/3 Lane : 6 Athlete: SAIVE ANTOINE							Q-time: 04:01:46	
PB (50m pool): 04:01.46 Antwerpen 27/07/2025				PB (25m pool): 03:52.98SB: 04:03.40 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	00:27.55	00:57.57	01:27.86	01:58.71	02:29.66	03:01.10	03:32.19	04:01.46
	00:27.55	00:30.02	00:30.29	00:30.85	00:30.95	00:31.44	00:31.09	00:29.27
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN							Heat:4, starttime: 10:50	
Heat: 4/5 Lane : 1 Athlete: PAQUES TYPHANIE							Q-time: 02:08:74	
PB (50m pool): 02:08.74 Antwerpen 27/07/2025				PB (25m pool): 02:11.77 SB: 02:09.55 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:30.45	01:03.39	01:36.51	02:08.74				
	00:30.45	00:32.94	00:33.12	00:32.23				
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN										Heat:4, starttime: 10:50	
Heat: 4/5 Lane : 7 Athlete: DELSAER LAURIEN										Q-time: 02:08:43	
PB (50m pool): 02:09.29 Antwerpen 27/04/2025					PB (25m pool): 02:06.67 SB: 02:10.11 Charleroi 15/02/2026						
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M				
PB	00:29.53		01:01.85		01:35.83		02:09.29				
	00:29.53		00:32.32		00:33.98		00:33.46				
											

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN							Heat:5, starttime: 10:53	
Heat: 5/5 Lane : 7 Athlete: PAQUES CÉLYA							Q-time: 02:08:28	
PB (50m pool): 02:08.28 Antwerpen 22/03/2026				PB (25m pool): 02:09.46 SB: 02:08.28 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:30.38	01:02.74	01:35.77	02:08.28				
	00:30.38	00:32.36	00:33.03	00:32.51				
								

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN										Heat:7, starttime: 11:02	
Heat: 7/12 Lane : 6 Athlete: COURBOIS THOMAS									Q-time: 00:24:64		
PB (50m pool): 00:24.64 Antwerpen 27/04/2025					PB (25m pool): 00:25.19SB: 00:25.10 Seraing 22/03/2026						
	5 0 M										
PB	00:24.64										
	00:24.64										
											

Coach feedback:

Event number: 9: 50M FREESTYLE MEN										Heat:12, starttime: 11:07																			
Heat: 12/12 Lane : 1 Athlete: MAGREMANNE MATTéo																				Q-time: 00:23:75									
PB (50m pool): 00:23.75 Antwerpen 22/03/2026										PB (25m pool): 00:22.83 SB: 00:23.75 Antwerpen 22/03/2026																			
	5 0 M																												
PB	00:23.75																												
	00:23.75																												
																													

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN										Heat:6, starttime: 11:17																			
Heat: 6/8 Lane : 1 Athlete: BAJOT CLÉMENCE																				Q-time: 00:31:11									
PB (50m pool): 00:31.11 Antwerpen 22/03/2026										PB (25m pool): 00:30.05 SB: 00:31.11 Antwerpen 22/03/2026																			
	5 0 M																												
PB	00:31.11																												
	00:31.11																												
																													

Coach feedback:

Event number: 12: 1500M FREESTYLE WOMEN						Heat:1, starttime: 11:28		
Heat: 1/1 Lane : 5 Athlete: JORISSEN JANNE						Q-time: 17:55:18		
PB (50m pool): 17:55.18 Antwerpen 22/03/2026			PB (25m pool): no time SB: 17:55.18 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	00:31.29	01:05.27	01:40.01	02:15.19	02:50.36	03:25.87	04:01.81	04:37.74
	00:31.29	00:33.98	00:34.74	00:35.18	00:35.17	00:35.51	00:35.94	00:35.93
								

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	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	05:13.54	05:49.73	06:26.11	07:02.55	07:38.69	08:15.19	08:51.54	09:28.42
	00:35.80	00:36.19	00:36.38	00:36.44	00:36.14	00:36.50	00:36.35	00:36.88
								

	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	10:04.62	10:41.25	11:17.89	11:54.99	12:30.92	13:07.23	13:43.30	14:19.70
	00:36.20	00:36.63	00:36.64	00:37.10	00:35.93	00:36.31	00:36.07	00:36.40
								

	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	14:56.02	15:32.13	16:08.22	16:44.54	17:20.06	17:55.18	
	00:36.32	00:36.11	00:36.09	00:36.32	00:35.52	00:35.12	
							

Coach feedback: