

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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN Heat:4, starttime: 09:05

Heat: 4/7 Lane : 1 Athlete: VAN SINTEJAN ROMAIN Q-time: 00:59:42

PB (50m pool): 00:59.42 Antwerpen 08/03/2026 PB (25m pool): 00:59.53 SB: 00:59.42 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:27.64	00:59.42	
	00:27.64	00:31.78	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN Heat:4, starttime: 09:17

Heat: 4/8 Lane : 3 Athlete: EL MARGOUM INES Q-time: 01:08:18

PB (50m pool): 01:08.82 La Louvière 29/11/2025 PB (25m pool): 01:08.10 SB: 01:08.82 La Louvière 29/11/2025

	5 0 M	1 0 0 M	
PB	00:32.39	01:08.82	
	00:32.39	00:36.43	
			

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN Heat:3, starttime: 09:55

Heat: 3/3 Lane : 1 Athlete: GANSEMANS KESSY Q-time: 05:15:85

PB (50m pool): 05:15.85 Antwerpen 27/07/2025 PB (25m pool): 05:06.88 SB: 05:17.33 Geneva 08/02/2026

	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	00:33.69	01:14.96	01:56.45	02:35.68	03:20.09	04:04.49	04:40.67	05:15.85
	00:33.69	00:41.27	00:41.49	00:39.23	00:44.41	00:44.40	00:36.18	00:35.18
								

Coach feedback:

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Event number: 4: 400M MEDLEY WOMEN							Heat:3, starttime: 09:55	
Heat: 3/3 Lane : 3 Athlete: VEDERNIKOVA VERA							Q-time: 05:06:30	
PB (50m pool): 05:06.30 Antwerpen 08/03/2026				PB (25m pool): 04:58.68 SB: 05:06.30 Antwerpen 08/03/2026				
	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	00:31.63	01:08.43	01:49.58	02:29.38	03:13.95	03:58.69	04:33.53	05:06.30
	00:31.63	00:36.80	00:41.15	00:39.80	00:44.57	00:44.74	00:34.84	00:32.77
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN							Heat:2, starttime: 10:45	
Heat: 2/5 Lane : 1 Athlete: VEDERNIKOVA VERA							Q-time: 02:11:25	
PB (50m pool): 02:11.25 Antwerpen 27/07/2025				PB (25m pool): 02:07.82SB: 02:14.91 La Louvière 29/11/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:30.55	01:03.58	01:38.01	02:11.25				
	00:30.55	00:33.03	00:34.43	00:33.24				
								

Coach feedback: