

OBC LCM 2026: Session: 2: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 15:00 untill 16:45. 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: 12: 1500M FREESTYLE WOMEN -

Heat:2, starttime: 17:00

Heat: 2/1 Lane : 2 Athlete: PAQUES TYPHANIE

Q-time: 17:27:68

PB (50m pool): 17:27.68 Antwerpen 22/03/2026

PB (25m pool): no time SB: 17:27.68 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	00:31.36	01:05.45	01:39.79	02:14.37	02:49.17	03:23.86	03:58.78	04:33.58
	00:31.36	00:34.09	00:34.34	00:34.58	00:34.80	00:34.69	00:34.92	00:34.80
								

	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	05:08.59	05:43.61	06:18.54	06:53.66	07:28.68	08:03.86	08:38.96	09:14.14
	00:35.01	00:35.02	00:34.93	00:35.12	00:35.02	00:35.18	00:35.10	00:35.18
								

	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	09:49.28	10:24.83	11:00.04	11:35.58	12:10.91	12:46.52	13:21.96	13:57.56
	00:35.14	00:35.55	00:35.21	00:35.54	00:35.33	00:35.61	00:35.44	00:35.60
								

	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	14:33.02	15:08.53	15:43.55	16:18.85	16:53.76	17:27.68	
	00:35.46	00:35.51	00:35.02	00:35.30	00:34.91	00:33.92	
							

Coach feedback:

Event number: 12: 1500M FREESTYLE WOMEN -

Heat:2, starttime: 17:00

Heat: 2/1 Lane : 6 Athlete: PAQUES CéLYA

Q-time: 17:24:88

PB (50m pool): 17:24.88 Antwerpen 22/03/2026

PB (25m pool): 17:49.00 SB: 17:24.88 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	00:31.13	01:04.63	01:39.20	02:13.82	02:48.82	03:23.41	03:58.55	04:33.14
	00:31.13	00:33.50	00:34.57	00:34.62	00:35.00	00:34.59	00:35.14	00:34.59
								

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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	05:08.20	05:42.97	06:18.07	06:52.95	07:28.44	08:03.09	08:38.36	09:13.46
	00:35.06	00:34.77	00:35.10	00:34.88	00:35.49	00:34.65	00:35.27	00:35.10
								

	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	09:48.64	10:23.81	10:59.22	11:34.20	12:09.59	12:44.83	13:20.11	13:55.48
	00:35.18	00:35.17	00:35.41	00:34.98	00:35.39	00:35.24	00:35.28	00:35.37
								

	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	14:31.18	15:06.60	15:42.08	16:17.46	16:51.54	17:24.88	
	00:35.70	00:35.42	00:35.48	00:35.38	00:34.08	00:33.34	
							

Coach feedback:

Event number: 13: 4x200M FREESTYLE MEN							Heat:1, starttime: 18:16	
Heat: 1/1 Lane : 4 Athlete: TEAM LGN 1							Q-time: 07:29:35	
PB (50m pool):			PB (25m pool):			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								
								
	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								
								

Coach feedback:

Event number: 14: 4x200M FREESTYLE WOMEN							Heat:1, starttime: 18:25	
Heat: 1/1 Lane : 5 Athlete: TEAM LGN 1							Q-time: 08:36:44	
PB (50m pool):			PB (25m pool):			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								
								
	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								
								

Coach feedback: