

OBC LCM 2026: Session: 3: COACH evaluation sheet for TEAM: ENLN

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

Coaches: Evrard Marc HEADCOACH

Coaches: Brusten Arthur

PB => Personal Best time

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

Event number: 15: 200M MEDLEY WOMEN Heat:1, starttime: 09:00

Heat: 1/4 Lane : 5 Athlete: PAVAN NAHLA					Q-time: 02:33:80
PB (50m pool): 02:33.80 Charleroi 19/10/2025					PB (25m pool): 02:30.36 SB: 02:33.80 Charleroi 19/10/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:11.70	01:58.44	02:33.80	
	00:32.49	00:39.21	00:46.74	00:35.36	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN Heat:3, starttime: 09:07

Heat: 3/4 Lane : 5 Athlete: VACHAUDEZ ELLA					Q-time: 02:21:88
PB (50m pool): 02:21.88 Antwerpen 22/03/2026					PB (25m pool): 02:19.86 SB: 02:21.88 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.59	01:07.27	01:48.81	02:21.88	
	00:30.59	00:36.68	00:41.54	00:33.07	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN Heat:4, starttime: 09:10

Heat: 4/4 Lane : 6 Athlete: DUREZ LAURE					Q-time: 02:23:86
PB (50m pool): 02:20.78 Antwerpen 12/02/2023					PB (25m pool): no time SB: 02:23.86 La Louvière 29/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:20.78	
	no time				
					

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN				Heat:4, starttime: 09:35	
Heat: 4/8 Lane : 2 Athlete: MICHELS JULIE				Q-time: 01:19:47	
PB (50m pool): 01:19.47 Antwerpen 20/07/2025				PB (25m pool): 01:21.33 SB: 01:22.42 Charleroi 15/02/2026	
	5 0 M	1 0 0 M			
PB	00:37.55	01:19.47			
	00:37.55	00:41.92			
					

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:3, starttime: 09:51	
Heat: 3/4 Lane : 3 Athlete: DUFOND NATHAN					Q-time: 02:07:89	
PB (50m pool): 02:07.89 Antwerpen 22/03/2026					PB (25m pool): 02:05.91 SB: 02:07.89 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:27.97	01:00.41	01:33.87	02:07.89		
	00:27.97	00:32.44	00:33.46	00:34.02		
						

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:3, starttime: 09:51	
Heat: 3/4 Lane : 5 Athlete: BIAD MALIK					Q-time: 02:07:04	
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: 19: 50M BUTTERFLY WOMEN				Heat:2, starttime: 09:58	
Heat: 2/8 Lane : 1 Athlete: PAVAN NAHLA				Q-time: 00:31:02	
PB (50m pool): 00:30.48 Antwerpen 28/07/2024				PB (25m pool): 00:30.16 SB: 00:31.43 Charleroi 19/10/2025	
	5 0 M				
PB	00:30.48				
	00:30.48				
					

Coach feedback:

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Event number: 19: 50M BUTTERFLY WOMEN							Heat:6, starttime: 10:03		
Heat: 6/8 Lane : 8 Athlete: HANNOTEAU ISALYNE							Q-time: 00:29:10		
PB (50m pool): 00:29.10 Antwerpen 22/03/2026				PB (25m pool): 00:28.97 SB: 00:29.10 Antwerpen 22/03/2026					
	5 0 M								
PB	00:29.10								
	00:29.10								
									

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN							Heat:1, starttime: 10:07	
Heat: 1/9 Lane : 3 Athlete: MURER THIMEO							Q-time: 00:32:92	
PB (50m pool): 00:32.92 La Louvière 25/05/2025							PB (25m pool): 00:34.01 SB: 00:33.16 Charleroi 19/10/2025	
	5 0 M							
PB	00:32.92							
	00:32.92							
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN					Heat:4, starttime: 10:28
Heat: 4/4 Lane : 3 Athlete: VACHAUDEZ ELLA				Q-time: 02:23:37	
PB (50m pool): 02:23.27 Antwerpen 28/07/2024			PB (25m pool): 02:17.41 SB: 02:26.12 Antwerpen 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	02:23.27	
	no time				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN							Heat:6, starttime: 10:51		
Heat: 6/9 Lane : 6 Athlete: HANNOTEAU ISALYNE							Q-time: 00:59:33		
PB (50m pool): 00:59.33 Antwerpen 22/03/2026				PB (25m pool): 00:57.75 SB: 00:59.33 Antwerpen 22/03/2026					
	5 0 M		1 0 0 M						
PB	00:28.58		00:59.33						
	00:28.58		00:30.75						
									

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN							Heat:9, starttime: 10:55	
Heat: 9/9 Lane : 6 Athlete: DUREZ LAURE							Q-time: 00:56:69	
PB (50m pool): 00:56.69 Antwerpen 27/07/2025				PB (25m pool): 00:55.12SB: 00:57.32 Charleroi 15/02/2026				
	5 0 M	1 0 0 M						
PB	00:27.46	00:56.69						
	00:27.46	00:29.23						
								

Coach feedback:

Event number: 24: 400M MEDLEY MEN							Heat:1, starttime: 10:58	
Heat: 1/2 Lane : 3 Athlete: BIAD MALIK							Q-time: 04:41:71	
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: 26: 800M FREESTYLE WOMEN							Heat:1, starttime: 11:14	
Heat: 1/1 Lane : 5 Athlete: PUGENGER MARINE							Q-time: 09:17:97	
PB (50m pool): 09:21.24 Antwerpen 27/04/2025				PB (25m pool): 09:25.28SB: 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	00:31.80	01:06.17	01:41.50	02:16.30	02:51.86	03:26.86	04:02.48	04:37.80
	00:31.80	00:34.37	00:35.33	00:34.80	00:35.56	00:35.00	00:35.62	00:35.32
								
	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	05:13.42	05:48.73	06:24.90	07:00.64	07:36.48	08:12.13	08:47.45	09:21.24
	00:35.62	00:35.31	00:36.17	00:35.74	00:35.84	00:35.65	00:35.32	00:33.79
								

Coach feedback:

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Event number: 27: 800M FREESTYLE MEN							Heat:1, starttime: 11:25	
Heat: 1/1 Lane : 2 Athlete: CABO ESTEBAN							Q-time: 09:06:83	
PB (50m pool): 09:06.83 La Louvière 04/01/2025				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	00:29.66	01:02.87	01:36.65	02:11.11	02:45.31	03:19.40	03:54.01	04:28.85
	00:29.66	00:33.21	00:33.78	00:34.46	00:34.20	00:34.09	00:34.61	00:34.84
								
	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	05:03.66	05:38.84	06:13.87	06:49.16	07:24.51	07:59.58	08:33.70	09:06.83
	00:34.81	00:35.18	00:35.03	00:35.29	00:35.35	00:35.07	00:34.12	00:33.13
								

Coach feedback: