

OBC LCM 2026: Session: 3: 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: 15: 200M MEDLEY WOMEN

Heat:3, starttime: 09:07

Heat: 3/4 Lane : 7 Athlete: DELSAER LAURIEN

Q-time: 02:27:90

PB (50m pool): 02:28.31 Charleroi 15/02/2026

PB (25m pool): 02:30.05 SB: 02:28.31 Charleroi 15/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.08	01:09.95	01:54.86	02:28.31	
	00:32.08	00:37.87	00:44.91	00:33.45	
					

Coach feedback:

Event number: 16: 100M FREESTYLE MEN

Heat:3, starttime: 09:16

Heat: 3/10 Lane : 7 Athlete: COURBOIS THOMAS

Q-time: 00:54:98

PB (50m pool): 00:53.37 Charleroi 25/02/2024

PB (25m pool): 00:52.36 SB: 00:54.98 Seraing 22/03/2026

	5 0 M	1 0 0 M	
PB	no time	00:53.37	
	no time		
			

Coach feedback:

Event number: 16: 100M FREESTYLE MEN

Heat:10, starttime: 09:27

Heat: 10/10 Lane : 2 Athlete: MAGREMANNE MATTÉO

Q-time: 00:51:46

PB (50m pool): 00:51.74 Antwerpen 22/03/2026

PB (25m pool): 00:50.16 SB: 00:51.74 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:24.67	00:51.74	
	00:24.67	00:27.07	
			

Coach feedback:

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Event number: 18: 200M BUTTERFLY MEN					Heat:2, starttime: 09:48
Heat: 2/4 Lane : 1 Athlete: LAIME OSCAR					Q-time: 02:16:52
PB (50m pool): 02:31.74 Charleroi 11/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.11	01:11.16	01:51.57	02:31.74	
	00:34.11	00:37.05	00:40.41	00:40.17	
					

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:4, starttime: 09:54
Heat: 4/4 Lane : 4 Athlete: HENVEAUX LUCAS					Q-time: 01:58:18
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: 18: 200M BUTTERFLY MEN					Heat:4, starttime: 09:54
Heat: 4/4 Lane : 5 Athlete: LECOCQ JUSTIN					Q-time: 02:06:26
PB (50m pool): 02:06.26 Antwerpen 27/07/2025					PB (25m pool): 02:03.20 SB: 02:08.56 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.51	00:59.66	01:33.04	02:06.26	
	00:27.51	00:32.15	00:33.38	00:33.22	
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:6, starttime: 10:03
Heat: 6/8 Lane : 1 Athlete: BAJOT CLÉMENCE					Q-time: 00:28:96
PB (50m pool): 00:28.96 Antwerpen 22/03/2026					PB (25m pool): 00:29.27 SB: 00:28.96 Antwerpen 22/03/2026
	5 0 M				
PB	00:28.96				
	00:28.96				
					

Coach feedback:

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Event number: 21: 200M BACKSTROKE WOMEN					Heat:3, starttime: 10:24
Heat: 3/4 Lane : 6 Athlete: WÉGRIA ELENA					Q-time: 02:24:77
PB (50m pool): 02:24.77 Charleroi 15/02/2026					PB (25m pool): 02:21.36 SB: 02:24.77 Charleroi 15/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.56	01:10.49	01:48.25	02:24.77	
	00:34.56	00:35.93	00:37.76	00:36.52	
					

Coach feedback:

Event number: 22: 50M BACKSTROKE MEN					Heat:7, starttime: 10:41
Heat: 7/7 Lane : 2 Athlete: COURBOIS THOMAS					Q-time: 00:27:70
PB (50m pool): 00:27.29 Antwerpen 28/07/2024					PB (25m pool): 00:26.46 SB: 00:28.71 Seraing 22/03/2026
	5 0 M				
PB	00:27.29				
	00:27.29				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN					Heat:4, starttime: 10:47
Heat: 4/9 Lane : 1 Athlete: DELSAER LAURIEN					Q-time: 01:00:78
PB (50m pool): 01:02.02 Antwerpen 20/07/2025					PB (25m pool): 01:02.50 SB: no time
	5 0 M	1 0 0 M			
PB	00:29.78	01:02.02			
	00:29.78	00:32.24			
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN					Heat:6, starttime: 10:51
Heat: 6/9 Lane : 8 Athlete: BAJOT CLÉMENCE					Q-time: 00:59:60
PB (50m pool): 00:59.60 Charleroi 15/02/2026					PB (25m pool): 00:57.04 SB: 00:59.60 Charleroi 15/02/2026
	5 0 M	1 0 0 M			
PB	00:28.85	00:59.60			
	00:28.85	00:30.75			
					

Coach feedback:

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Event number: 26: 800M FREESTYLE WOMEN							Heat:1, starttime: 11:14	
Heat: 1/1 Lane : 4 Athlete: PAQUES TYPHANIE							Q-time: 09:14:05	
PB (50m pool): 09:14.05 Antwerpen 22/03/2026			PB (25m pool): 08:53.98SB: 09:14.05 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	00:31.11	01:04.62	01:38.76	02:13.30	02:48.21	03:23.04	03:57.98	04:33.35
	00:31.11	00:33.51	00:34.14	00:34.54	00:34.91	00:34.83	00:34.94	00:35.37
								
	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	05:08.19	05:43.43	06:18.72	06:54.24	07:29.56	08:04.84	08:39.78	09:14.05
	00:34.84	00:35.24	00:35.29	00:35.52	00:35.32	00:35.28	00:34.94	00:34.27
								

Coach feedback:

Event number: 27: 800M FREESTYLE MEN							Heat:1, starttime: 11:25	
Heat: 1/1 Lane : 4 Athlete: LAMBERT NOAH							Q-time: 08:38:78	
PB (50m pool): 08:41.18 La Louvière 08/02/2026				PB (25m pool): 08:23.53SB: 08:41.18 La Louvière 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	00:29.28	01:00.98	01:33.24	02:05.57	02:38.23	03:10.85	03:43.79	04:16.91
	00:29.28	00:31.70	00:32.26	00:32.33	00:32.66	00:32.62	00:32.94	00:33.12
								
	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	04:49.97	05:23.15	05:56.53	06:29.77	07:03.18	07:36.59	08:09.51	08:41.18
	00:33.06	00:33.18	00:33.38	00:33.24	00:33.41	00:33.41	00:32.92	00:31.67
								

Coach feedback: