

OBC LCM 2026: Session: 3: 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: 15: 200M MEDLEY WOMEN Heat:2, starttime: 09:03

Heat: 2/4 Lane : 8 Athlete: GANSEMAN KESSY Q-time: 02:29:86

PB (50m pool): 02:29.86 Geneva 08/02/2026 PB (25m pool): 02:28.47 SB: 02:29.86 Geneva 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:11.42	01:54.11	02:29.86	
	00:32.55	00:38.87	00:42.69	00:35.75	
					

Coach feedback:

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

Heat: 4/4 Lane : 1 Athlete: VEDERNIKOVA VERA Q-time: 02:28:35

PB (50m pool): 02:28.35 Geneva 08/02/2026 PB (25m pool): 02:23.99 SB: 02:28.35 Geneva 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.53	01:10.81	01:55.42	02:28.35	
	00:31.53	00:39.28	00:44.61	00:32.93	
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN Heat:5, starttime: 09:37

Heat: 5/8 Lane : 8 Athlete: GANSEMAN KESSY Q-time: 01:19:17

PB (50m pool): 01:19.17 Antwerpen 08/03/2026 PB (25m pool): 01:16.90 SB: 01:19.17 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:37.17	01:19.17	
	00:37.17	00:42.00	
			

Coach feedback:

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Event number: 18: 200M BUTTERFLY MEN					Heat:3, starttime: 09:51
Heat: 3/4 Lane : 2 Athlete: VAN SINTEJAN ROMAIN					Q-time: 02:12:37
PB (50m pool): 02:12.37 Molenbeek 01/02/2026					PB (25m pool): 02:11.94 SB: 02:12.37 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:01.77	no time	02:12.37	
	no time				
					

Coach feedback:

Event number: 19: 50M BUTTERFLY WOMEN					Heat:3, starttime: 09:59
Heat: 3/8 Lane : 1 Athlete: VEDERNIKOVA VERA					Q-time: 00:30:32
PB (50m pool): 00:30.32 Molenbeek 01/02/2026					PB (25m pool): 00:30.00 SB: 00:30.32 Molenbeek 01/02/2026
	5 0 M				
PB	00:30.32				
	00:30.32				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN					Heat:4, starttime: 10:47
Heat: 4/9 Lane : 2 Athlete: VEDERNIKOVA VERA					Q-time: 01:00:64
PB (50m pool): 01:00.64 Antwerpen 08/03/2026					PB (25m pool): 00:59.59 SB: 01:00.64 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:29.42	01:00.64			
	00:29.42	00:31.22			
					

Coach feedback: