

OBC LCM 2026: Session: 4: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 15:00 untill 16:15. 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: 26: 800M FREESTYLE WOMEN -

Heat:2, starttime: 17:53

Heat: 2/1 Lane : 7 Athlete: PAQUES CÉLYA

Q-time: 09:08:06

PB (50m pool): 09:08.06 Antwerpen 22/03/2026

PB (25m pool): 08:54.65 SB: 09:08.06 Antwerpen 22/03/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.85	01:04.36	01:38.75	02:13.22	02:47.89	03:22.74	03:57.45	04:32.12
	00:30.85	00:33.51	00:34.39	00:34.47	00:34.67	00:34.85	00:34.71	00:34.67
								
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	05:06.86	05:41.57	06:16.36	06:51.25	07:26.20	08:01.19	08:35.05	09:08.06
	00:34.74	00:34.71	00:34.79	00:34.89	00:34.95	00:34.99	00:33.86	00:33.01
								

Coach feedback:

Event number: 27: 800M FREESTYLE MEN -

Heat:2, starttime: 18:03

Heat: 2/1 Lane : 3 Athlete: LOVENS FLORENTIN

Q-time: 08:15:89

PB (50m pool): 08:13.60 Antwerpen 21/04/2024

PB (25m pool): 07:54.13 SB: 08:17.35 Antwerpen 22/03/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	no time	no time	no time	no time	no time	no time	no time	08:13.60
								

Coach feedback:

Event number: 27: 800M FREESTYLE MEN -

Heat:2, starttime: 18:03

Heat: 2/1 Lane : 4 Athlete: HENVEAUX LUCAS

Q-time: 07:55:57

PB (50m pool): 07:53.47 Antwerpen 21/04/2024

PB (25m pool): 07:37.31 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	no time	no time	no time	no time	no time	no time	no time	07:53.47
								

OBC LCM 2026: Session: 4: COACH evaluation sheet for TEAM: LGN

Event number: 29: 4x100M FREESTYLE MEN							Heat:2, starttime: 18:23	
Heat: 2/2 Lane : 3 Athlete: TEAM LGN 1							Q-time: 03:28:60	
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								
								

Coach feedback: