

OBC LCM 2026: Session: 5: 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: 30: 200M FREESTYLE MEN Heat:2, starttime: 09:03

Heat: 2/5 Lane : 4 Athlete: DUFOND NATHAN Q-time: 01:57:83

PB (50m pool): 01:57.97 Charleroi 15/02/2026 PB (25m pool): 01:53.66 SB: 01:57.97 Charleroi 15/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.29	00:52.45	01:28.75	01:57.97	
	00:27.29	00:25.16	00:36.30	00:29.22	
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN Heat:3, starttime: 09:20

Heat: 3/4 Lane : 1 Athlete: PAVAN NAHLA Q-time: 02:36:40

PB (50m pool): 02:38.48 Charleroi 15/02/2026 PB (25m pool): 02:33.90 SB: 02:38.48 Charleroi 15/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.46	01:14.24	01:56.63	02:38.48	
	00:35.46	00:38.78	00:42.39	00:41.85	
					

Coach feedback:

Event number: 32: 200M BREASTSTROKE MEN Heat:2, starttime: 09:30

Heat: 2/6 Lane : 4 Athlete: FALZONE RAPHAËL Q-time: 02:33:51

PB (50m pool): 02:35.81 Charleroi 15/02/2026 PB (25m pool): 02:29.72 SB: 02:35.81 Charleroi 15/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.38	01:16.14	01:56.71	02:35.81	
	00:36.38	00:39.76	00:40.57	00:39.10	
					

Coach feedback:

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Event number: 32: 200M BREASTSTROKE MEN					Heat:6, starttime: 09:43
Heat: 6/6 Lane : 8 Athlete: BIAD MALIK					Q-time: 02:28:41
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: 33: 100M BACKSTROKE WOMEN					Heat:9, starttime: 10:04
Heat: 9/10 Lane : 3 Athlete: DUREZ LAURE					Q-time: 01:04:17
PB (50m pool): 01:04.17 ANTWERPEN 23/04/2023			PB (25m pool): 01:01.01 SB: 01:04.54 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	no time	01:04.17			
	no time				
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:10, starttime: 10:07
Heat: 10/10 Lane : 7 Athlete: VACHAUDEZ ELLA					Q-time: 01:06:28
PB (50m pool): 01:06.28 Antwerpen 27/07/2025			PB (25m pool): 01:06.10 SB: 01:07.41 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:32.19	01:06.28			
	00:32.19	00:34.09			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN					Heat:1, starttime: 10:34
Heat: 1/8 Lane : 5 Athlete: CABO ESTEBAN					Q-time: 01:06:01
PB (50m pool): 01:03.35 Charleroi 25/02/2024			PB (25m pool): 01:02.78 SB: 01:09.14 Charleroi 15/02/2026		
	5 0 M	1 0 0 M			
PB	no time	01:03.35			
	no time				
					

Coach feedback:

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Event number: 37: 50M FREESTYLE WOMEN					Heat:7, starttime: 10:58
Heat: 7/9 Lane : 7 Athlete: HANNOTEAU ISALYNE					Q-time: 00:27:08
PB (50m pool): 00:27.08 Antwerpen 22/03/2026			PB (25m pool): 00:26.45 SB: 00:27.08 Antwerpen 22/03/2026		
	5 0 M				
PB	00:27.08				
	00:27.08				
					

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN					Heat:9, starttime: 11:00
Heat: 9/9 Lane : 6 Athlete: DUREZ LAURE					Q-time: 00:26:48
PB (50m pool): 00:26.23 Antwerpen 21/04/2024			PB (25m pool): 00:25.74 SB: 00:26.48 Antwerpen 22/03/2026		
	5 0 M				
PB	00:26.23				
	00:26.23				
					

Coach feedback:

Event number: 38: 200M MEDLEY MEN					Heat:4, starttime: 11:11
Heat: 4/5 Lane : 2 Athlete: BIAD MALIK					Q-time: 02:14:46
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: 39: 400M FREESTYLE WOMEN							Heat:2, starttime: 11:22	
Heat: 2/3 Lane : 1 Athlete: PUGENGER MARINE							Q-time: 04:31:42	
PB (50m pool): 04:31.42 Antwerpen 27/07/2025				PB (25m pool): 04:25.42 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	00:31.31	01:05.41	01:39.72	02:14.20	02:48.56	03:23.70	03:58.67	04:31.42
	00:31.31	00:34.10	00:34.31	00:34.48	00:34.36	00:35.14	00:34.97	00:32.75
								

Coach feedback:

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Event number: 39: 400M FREESTYLE WOMEN							Heat:3, starttime: 11:27										
Heat: 3/3 Lane : 6 Athlete: VACHAUDEZ ELLA							Q-time: 04:25:80										
PB (50m pool): 04:25.80 Antwerpen 27/07/2025									PB (25m pool): 04:23.08 SB: 04:26.41 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	00:30.45		01:04.08		01:38.08		02:11.87		02:45.69		03:19.61		03:53.53		04:25.80		
	00:30.45		00:33.63		00:34.00		00:33.79		00:33.82		00:33.92		00:33.92		00:32.27		
																	

Coach feedback: