

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

Heat: 2/5 Lane : 6 Athlete: LOVENS FLORENTIN Q-time: 01:59:09

PB (50m pool): 01:56.78 ANTWERPEN 30/07/2023 PB (25m pool): 01:52.26 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	01:56.78	
	no time				
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN Heat:3, starttime: 09:05

Heat: 3/5 Lane : 3 Athlete: SAIVE ANTOINE Q-time: 01:52:82

PB (50m pool): 01:52.82 Antwerpen 27/04/2025 PB (25m pool): 01:49.67 SB: 01:53.76 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.13	00:53.92	01:23.17	01:52.82	
	00:26.13	00:27.79	00:29.25	00:29.65	
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN Heat:5, starttime: 09:10

Heat: 5/5 Lane : 1 Athlete: COURBOIS THOMAS Q-time: 01:56:60

PB (50m pool): 01:56.46 Antwerpen 21/04/2024 PB (25m pool): 01:52.43 SB: 02:00.83 Seraing 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	01:56.46	
	no time				
					

Coach feedback:

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Event number: 30: 200M FREESTYLE MEN					Heat:5, starttime: 09:10
Heat: 5/5 Lane : 2 Athlete: MAGREMANNE MATTÉO					Q-time: 01:53:90
PB (50m pool): 01:54.09 Antwerpen 22/03/2026					PB (25m pool): 01:50.81 SB: 01:54.09 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:25.86	00:54.37	01:23.78	01:54.09	
	00:25.86	00:28.51	00:29.41	00:30.31	
					

Coach feedback:

Event number: 30: 200M FREESTYLE MEN					Heat:5, starttime: 09:10
Heat: 5/5 Lane : 4 Athlete: HENVEAUX LUCAS					Q-time: 01:46:03
PB (50m pool): 01:46.31 ANTWERPEN 23/04/2023					PB (25m pool): 01:42.14 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	01:46.31	
	no time				
					

Coach feedback:

Event number: 31: 200M BUTTERFLY WOMEN					Heat:3, starttime: 09:20
Heat: 3/4 Lane : 7 Athlete: JORISSEN JANNE					Q-time: 02:34:39
PB (50m pool): 02:34.39 Antwerpen 20/07/2025					PB (25m pool): 02:37.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.51	01:12.80	01:54.02	02:34.39	
	00:33.51	00:39.29	00:41.22	00:40.37	
					

Coach feedback:

Event number: 33: 100M BACKSTROKE WOMEN					Heat:6, starttime: 09:58
Heat: 6/10 Lane : 5 Athlete: WÉGRIA ELENA					Q-time: 01:08:82
PB (50m pool): 01:08.82 Charleroi 15/02/2026					PB (25m pool): 01:07.31 SB: 01:08.82 Charleroi 15/02/2026
	5 0 M	1 0 0 M			
PB	00:33.55	01:08.82			
	00:33.55	00:35.27			
					

Coach feedback:

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Event number: 33: 100M BACKSTROKE WOMEN			Heat:8, starttime: 10:02
Heat: 8/10 Lane : 8 Athlete: BAJOT CLÉMENCE			Q-time: 01:07:03
PB (50m pool): 01:07.03 Antwerpen 22/03/2026			PB (25m pool): 01:04.75 SB: 01:07.03 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.36	01:07.03	
	00:32.36	00:34.67	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:8, starttime: 10:49
Heat: 8/8 Lane : 3 Athlete: LECOCQ JUSTIN			Q-time: 00:57:83
PB (50m pool): 00:57.83 Antwerpen 22/03/2026			PB (25m pool): 00:56.06 SB: 00:57.83 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.40	00:57.83	
	00:28.40	00:29.43	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN			Heat:8, starttime: 10:49
Heat: 8/8 Lane : 6 Athlete: COURBOIS THOMAS			Q-time: 00:59:33
PB (50m pool): 00:58.83 Antwerpen 28/07/2024			PB (25m pool): 00:57.05 SB: 01:01.09 Seraing 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:58.83	
	no time		
			

Coach feedback:

Event number: 37: 50M FREESTYLE WOMEN			Heat:4, starttime: 10:55
Heat: 4/9 Lane : 4 Athlete: BAJOT CLÉMENCE			Q-time: 00:27:71
PB (50m pool): 00:27.71 Antwerpen 22/03/2026			PB (25m pool): 00:27.37 SB: 00:27.71 Antwerpen 22/03/2026
	5 0 M		
PB	00:27.71		
	00:27.71		
			

Coach feedback:

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Event number: 39: 400M FREESTYLE WOMEN							Heat:2, starttime: 11:22	
Heat: 2/3 Lane : 6 Athlete: PAQUES CÉLYA							Q-time: 04:26:42	
PB (50m pool): 04:26.42 Antwerpen 22/03/2026				PB (25m pool): 04:19.84 SB: 04:26.42 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	00:30.56	01:03.58	01:36.94	02:10.69	02:44.65	03:19.09	03:53.08	04:26.42
	00:30.56	00:33.02	00:33.36	00:33.75	00:33.96	00:34.44	00:33.99	00:33.34
								

Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN							Heat:3, starttime: 11:27	
Heat: 3/3 Lane : 2 Athlete: PAQUES TYPHANIE							Q-time: 04:26:74	
PB (50m pool): 04:26.74 Antwerpen 27/07/2025				PB (25m pool): 04:21.76SB: 04:27.27 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	00:30.88	01:04.26	01:38.19	02:12.30	02:46.21	03:20.15	03:53.64	04:26.74
	00:30.88	00:33.38	00:33.93	00:34.11	00:33.91	00:33.94	00:33.49	00:33.10
								

Coach feedback: