

OBC LCM 2026: Session: 6: 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: 40: 1500M FREESTYLE MEN -

Heat:2, starttime: 17:59

Heat: 2/1 Lane : 1 Athlete: LAMBERT NOAH

Q-time: 16:18:26

PB (50m pool): 16:18.26 Antwerpen 22/03/2026

PB (25m pool): 15:57.38 SB: 16:18.26 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	00:28.38	01:00.18	01:32.11	02:04.68	02:36.94	03:09.86	03:42.31	04:15.17
	00:28.38	00:31.80	00:31.93	00:32.57	00:32.26	00:32.92	00:32.45	00:32.86
								

	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	04:47.76	05:20.89	05:53.70	06:26.73	06:59.78	07:32.78	08:05.92	08:38.78
	00:32.59	00:33.13	00:32.81	00:33.03	00:33.05	00:33.00	00:33.14	00:32.86
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	09:11.69	09:44.67	10:17.51	10:50.49	11:23.81	11:56.59	12:29.71	13:02.98
	00:32.91	00:32.98	00:32.84	00:32.98	00:33.32	00:32.78	00:33.12	00:33.27
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	13:36.06	14:08.93	14:41.87	15:14.74	15:47.44	16:18.26	
	00:33.08	00:32.87	00:32.94	00:32.87	00:32.70	00:30.82	
							

Coach feedback:

Event number: 40: 1500M FREESTYLE MEN -

Heat:2, starttime: 17:59

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

Q-time: 16:10:15

PB (50m pool): no time

PB (25m pool): 14:43.07 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

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	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	no time	no time	no time	no time	no time	no time	no time	no time
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	no time	no time	no time	no time	no time	no time	
							

Coach feedback:

Event number: 40: 1500M FREESTYLE MEN -

Heat:2, starttime: 17:59

Heat: 2/1 Lane : 5 Athlete: LOVENS FLORENTIN

Q-time: 15:57:35

PB (50m pool): 15:51.20 Antwerpen 21/04/2024

PB (25m pool): 15:12.80 SB: 15:58.52 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

	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	no time	no time	no time	no time	no time	no time	no time	no time
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	no time	no time	no time	no time	no time	15:51.20	
							

Coach feedback:

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Event number: 42: 4x100M MEDLEY MEN							Heat:1, starttime: 18:22	
Heat: 1/1 Lane : 7 Athlete: TEAM LGN 1							Q-time: 03:58:41	
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: