

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: SCWR

Coachinfo: Warming up from: 08:20 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Lejeune Yves

Coaches: Lejeune Melanie HEADCOACH

Coaches: ANSLOT Laurent

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:2, starttime: 09:34	
Heat: 2/2 Lane : 3 Athlete: EL MARGOUM INES							Q-time: 02:31:23	
PB (25m pool): 02:31.23 Mons 26/10/2025				PB (50m pool): 02:32.21 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.41		01:11.01		01:50.90		02:31.23
	00:33.41		00:37.60		00:39.89		00:40.33	
								

Coach feedback:

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:2, starttime: 09:34	
Heat: 2/2 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 02:21:33	
PB (25m pool): 02:21.33 ARRAS 29/12/2025				PB (50m pool): 02:23.06SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.67		01:07.92		01:46.27		02:21.33
	00:31.67		00:36.25		00:38.35		00:35.06	
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:37
Heat: 1/12 Lane : 5 Athlete: GHIO AMAURY				Q-time: 01:20:47	
PB (25m pool): 01:20.47 Braine l Alleud 05/04/2026			PB (50m pool): 01:25.80SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.30		01:20.47	
	00:37.30		00:43.17		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:39
Heat: 2/12 Lane : 2 Athlete: BENALIOUA ILYES					Q-time: 01:17:48
PB (25m pool): 01:17.48 Zaventem 08/02/2026					PB (50m pool): 01:22.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.91		01:17.48	
	00:36.91		00:40.57		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:41
Heat: 3/12 Lane : 8 Athlete: GRELLIER OSCAR					Q-time: 01:12:17
PB (25m pool): 01:13.79 Temse 17/11/2025					PB (50m pool): 01:12.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.97		01:13.79	
	00:35.97		00:37.82		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/12 Lane : 6 Athlete: BEUSELINCK LIAM					Q-time: 01:04:85
PB (25m pool): 01:04.85 Vilvoorde 01/03/2026					PB (50m pool): 01:06.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.54		01:04.85	
	00:31.54		00:33.31		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:46
Heat: 6/12 Lane : 4 Athlete: MASAITIS MANTAS					Q-time: 00:59:83
PB (25m pool): 00:59.32 LEUVEN 24/11/2024					PB (50m pool): 01:01.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.84		00:59.32	
	00:28.84		00:30.48		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 3 Athlete: LASCARACHE CHRISTIAN					Q-time: 00:56:93
PB (25m pool): 00:57.06 Leuven 12/10/2025					PB (50m pool): 00:56.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.28		00:57.06	
	00:27.28		00:29.78		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 5 Athlete: ANSLOT MÉLINE							Q-time: 03:10:31	
PB (25m pool): 03:10.55 Dilbeek 10/05/2026				PB (50m pool): 03:10.31SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.84		no time		no time		03:10.55
	00:45.84							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 7 Athlete: PINNOCK ANNA							Q-time: 03:04:96	
PB (25m pool): 03:04.96 Tremelo 18/01/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.61		no time		no time		03:04.96
	00:43.61							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:18	
Heat: 7/10 Lane : 3 Athlete: BRACONI MARGHERITA							Q-time: 02:41:40	
PB (25m pool): 2:41.40 Fête Liège Natation 30/05/2026				PB (50m pool): 2:55.24 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		2:41.40
	no time							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 3 Athlete: GANSEMANS KESSY							Q-time: 02:28:47	
PB (25m pool): 02:28.47 Vilvoorde 05/10/2025							PB (50m pool): 02:29.86 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.46		no time		no time		02:28.47
	00:33.46							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 02:23:99	
PB (25m pool): 02:23.99 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 02:26.89SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.78		no time		no time		02:23.99
	00:30.78							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:3, starttime: 10:35	
Heat: 3/5 Lane : 1 Athlete: MASAITIS MANTAS							Q-time: 01:14:67	
PB (25m pool): 01:14.67 ARRAS 29/12/2025				PB (50m pool): 01:18.15 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.84		01:14.67				
	00:34.84		00:39.83					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 4 Athlete: MASAITE MILDA							Q-time: 02:35:68	
PB (25m pool): 02:35.68 ARRAS 29/12/2025				PB (50m pool): 02:39.51 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.55		01:16.48		01:57.43		02:35.68
	00:36.55		00:39.93		00:40.95		00:38.25	
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 5 Athlete: GANSEMANS KESSY							Q-time: 02:26:13	
PB (25m pool): 02:26.13 Mons 26/10/2025				PB (50m pool): 02:32.43SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.65		01:11.69		01:49.15		02:26.13
	00:34.65		00:37.04		00:37.46		00:36.98	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 8 Athlete: BRACONI MARGHERITA							Q-time: 02:29:69	
PB (25m pool): 2:29.69 Arena Spring Race ... 05/04/2026							PB (50m pool): 2:38.41 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		2:29.69
	no time							
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:27	
Heat: 2/4 Lane : 7 Athlete: WAUTERS SACHA							Q-time: 04:48:51	
PB (25m pool): 04:48.51 Vilvoorde 26/04/2026				PB (50m pool): 04:54.00SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:32.33		01:08.05		no time		02:21.68
	00:32.33		00:35.72					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:48.51
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 3 Athlete: MASAITIS MANTAS							Q-time: 04:31:20	
PB (25m pool): 04:31.20 Leuven 12/10/2025				PB (50m pool): 04:46.94SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.49		01:03.73		01:38.15		02:13.49
	00:30.49		00:33.24		00:34.42		00:35.34	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:47.92		03:23.15		03:58.44		04:31.20
	00:34.43		00:35.23		00:35.29		00:32.76	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 8 Athlete: VAN SINTEJAN ROMAIN							Q-time: 04:28:51	
PB (25m pool): 04:29.62 Ciney 13/04/2025				PB (50m pool): 04:28.51SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.11		01:02.39		no time		02:10.72
	00:30.11		00:32.28					
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		03:21.50		no time		04:29.62
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:1, starttime: 12:03	
Heat: 1/11 Lane : 4 Athlete: PINNOCK ANNA							Q-time: 00:43:67	
PB (25m pool): 00:43.67 Liedekerke 01/05/2026							PB (50m pool): 00:45.55SB: no time	
PB	2 5 M		5 0 M					
			00:43.67					
			00:43.67					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 12:05
Heat: 2/11 Lane : 6 Athlete: ANSLOT MÉLINE			Q-time: 00:41:89
PB (25m pool): 00:44.03 Liedekerke 01/05/2026			PB (50m pool): 00:41.89 SB: no time
	2 5 M	5 0 M	
PB		00:44.03	
		00:44.03	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:14
Heat: 10/11 Lane : 5 Athlete: EL MARGOUM INES			Q-time: 00:30:45
PB (25m pool): 00:30.45 ARRAS 29/12/2025			PB (50m pool): 00:31.18 SB: no time
	2 5 M	5 0 M	
PB		00:30.45	
		00:30.45	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 12:16
Heat: 1/4 Lane : 3 Athlete: ANSLOT SACHA			Q-time: 00:37:59
PB (25m pool): 00:37.59 Braine l Alleud 05/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:37.59	
		00:37.59	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 12:17
Heat: 2/4 Lane : 6 Athlete: WAUTERS SACHA			Q-time: 00:32:81
PB (25m pool): 00:32.81 Hannuit 28/03/2026			PB (50m pool): 00:42.91 SB: no time
	2 5 M	5 0 M	
PB		00:32.81	
		00:32.81	
			

Coach feedback: