

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: SCWR

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:30	
Heat: 1/1 Lane : 5 Athlete: VAN SINTEJAN ROMAIN							Q-time: 02:10:42	
PB (25m pool): 02:11.94 Vilvoorde 26/04/2026							PB (50m pool): 02:10.42 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		00:29.16		01:02.91		no time		02:11.94
	00:29.16		00:33.75					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:33
Heat: 1/12 Lane : 4 Athlete: ANSLOT MÉLINE				Q-time: 01:17:44	
PB (25m pool): 01:18.84 Vilvoorde 26/04/2026			PB (50m pool): 01:17.44SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.36		01:18.84	
	00:37.36		00:41.48		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:35		
Heat: 2/12 Lane : 8 Athlete: PINNOCK ANNA							Q-time: 01:17:37		
PB (25m pool): 01:20.29 Leuven 12/10/2025							PB (50m pool): 01:17.37 SB: no time		
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:39.48				01:20.29		
	00:39.48				00:40.81				
									

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 4 Athlete: EL MARGOUM INES					Q-time: 01:03:55
PB (25m pool): 01:04.31 Ciney 29/03/2026					PB (50m pool): 01:04.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.89		01:04.31	
	00:30.89		00:33.42		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 1 Athlete: MASAITE MILDA					Q-time: 01:03:42
PB (25m pool): 01:03.42 Vilvoorde 26/04/2026					PB (50m pool): 01:03.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.25		01:03.42	
	00:30.25		00:33.17		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+						Heat:1, starttime: 14:54		
Heat: 1/9 Lane : 6 Athlete: GHIO AMAURY						Q-time: 03:23:60		
PB (25m pool): 03:23.60 Zaventem 08/02/2026						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		00:43.71		no time		no time		03:23.60
	00:43.71							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+						Heat:2, starttime: 14:58		
Heat: 2/9 Lane : 2 Athlete: BENALIOUA ILYES						Q-time: 03:08:27		
PB (25m pool): 03:08.27 Dilbeek 10/05/2026						PB (50m pool): 03:13.84 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		00:40.57		no time		no time		03:08.27
	00:40.57							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 1 Athlete: GRELLIER OSCAR							Q-time: 02:55:67	
PB (25m pool): 02:55.67 Braine l Alleud 05/04/2026				PB (50m pool): 02:55.77 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		00:38.76		01:23.45		02:14.74		02:55.67
	00:38.76		00:44.69		00:51.29		00:40.93	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 5 Athlete: BEUSELINCK LIAM							Q-time: 02:35:03	
PB (25m pool): 02:35.97 Vilvoorde 26/04/2026				PB (50m pool): 02:35.03SB: 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		00:33.72		no time		no time		02:35.97
	00:33.72							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:15	
Heat: 7/9 Lane : 7 Athlete: MASAITIS MANTAS							Q-time: 02:25:85	
PB (25m pool): 02:25.85 Vilvoorde 01/03/2026				PB (50m pool): 02:30.12SB: 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		00:33.17		no time		no time		02:25.85
	00:33.17							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:18	
Heat: 8/9 Lane : 6 Athlete: LASCARACHE CHRISTIAN							Q-time: 02:22:69	
PB (25m pool): 02:22.69 ARRAS 29/12/2025				PB (50m pool): 02:29.54SB: 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		00:30.39		01:07.85		01:50.67		02:22.69
	00:30.39		00:37.46		00:42.82		00:32.02	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 2 Athlete: VAN SINTEJAN ROMAIN							Q-time: 02:14:30	
PB (25m pool): 02:14.30 Vilvoorde 26/04/2026				PB (50m pool): 02:14.48SB: 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		00:28.37		no time		no time		02:14.30
	00:28.37							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 1 Athlete: GANSEMANS KESSY				Q-time: 01:16:90	
PB (25m pool): 01:16.90 Vilvoorde 01/03/2026			PB (50m pool): 01:19.17 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.10		01:16.90	
	00:36.10		00:40.80		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 16:02	
Heat: 1/3 Lane : 1 Athlete: ANSLOT SACHA							Q-time: 02:46:73	
PB (25m pool): 02:47.36 Liedekerke 01/05/2026				PB (50m pool): 02:46.73 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		00:39.70		01:21.96		no time		02:47.36
	00:39.70		00:42.26					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 1 Athlete: WAUTERS SACHA							Q-time: 02:28:78	
PB (25m pool): 02:28.78 ARRAS 29/12/2025				PB (50m pool): 02:32.86 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		00:35.28		01:12.92		01:50.82		02:28.78
	00:35.28		00:37.64		00:37.90		00:37.96	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 1 Athlete: MASAITE MILDA							Q-time: 04:56:99	
PB (25m pool): 04:56.99 Leuven 12/10/2025				PB (50m pool): 05:00.30SB: 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		00:33.86		01:10.76		01:48.51		02:26.16
	00:33.86		00:36.90		00:37.75		00:37.65	
								
	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		03:03.65		03:41.95		04:20.78		04:56.99
	00:37.49		00:38.30		00:38.83		00:36.21	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 04:20:53	
PB (25m pool): 04:20.53 Gent 09/11/2025				PB (50m pool): 04:30.96SB: 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		00:30.32		01:03.28		01:36.80		02:10.50
	00:30.32		00:32.96		00:33.52		00:33.70	
								
	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		02:44.14		03:17.50		03:50.07		04:20.53
	00:33.64		00:33.36		00:32.57		00:30.46	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 16:34	
Heat: 1/10 Lane : 6 Athlete: GHIO AMAURY							Q-time: 00:42:37	
PB (25m pool): 00:42.37 Braine l Alleud 05/04/2026							PB (50m pool): 00:42.71 SB: no time	
PB	2 5 M		5 0 M					
			00:42.37					
			00:42.37					
								

Coach feedback:

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: SCWR

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 16:35
Heat: 2/10 Lane : 5 Athlete: GRELLIER OSCAR			Q-time: 00:35:79
PB (25m pool): 00:35.79 Temse 17/11/2025			PB (50m pool): 00:36.69 SB: no time
	2 5 M	5 0 M	
PB		00:35.79	
		00:35.79	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 16:35
Heat: 2/10 Lane : 8 Athlete: BENALIOUA ILYES			Q-time: 00:38:96
PB (25m pool): 00:38.96 Liedekerke 01/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:38.96	
		00:38.96	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:37
Heat: 4/10 Lane : 2 Athlete: BEUSELINCK LIAM			Q-time: 00:31:31
PB (25m pool): 00:31.98 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:31.31 SB: no time
	2 5 M	5 0 M	
PB		00:31.98	
		00:31.98	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:37
Heat: 4/10 Lane : 8 Athlete: WAUTERS SACHA			Q-time: 00:32:08
PB (25m pool): 00:32.08 Hannuit 28/03/2026			PB (50m pool): 00:32.21 SB: no time
	2 5 M	5 0 M	
PB		00:32.08	
		00:32.08	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:41
Heat: 7/10 Lane : 7 Athlete: LASCARACHE CHRISTIAN			Q-time: 00:28:90
PB (25m pool): 00:28.90 ARRAS 29/12/2025			PB (50m pool): 00:29.39 SB: no time
	2 5 M	5 0 M	
PB		00:28.90	
		00:28.90	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:44
Heat: 10/10 Lane : 1 Athlete: VAN SINTEJAN ROMAIN			Q-time: 00:26:77
PB (25m pool): 00:26.84 Mons 26/10/2025			PB (50m pool): 00:26.77 SB: no time
	2 5 M	5 0 M	
PB		00:26.84	
		00:26.84	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:47
Heat: 3/7 Lane : 3 Athlete: MASAITE MILDA			Q-time: 00:35:29
PB (25m pool): 00:35.29 Hannuit 28/03/2026			PB (50m pool): 00:36.55 SB: no time
	2 5 M	5 0 M	
PB		00:35.29	
		00:35.29	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:52
Heat: 7/7 Lane : 1 Athlete: BRACONI MARGHERITA			Q-time: 00:32:20
PB (25m pool): 32.20 Arena Spring Race ... 05/04/2026			PB (50m pool): 33.43 SB: no time
	2 5 M	5 0 M	
PB		32.20	
		32.20	
			

Coach feedback:

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: SCWR

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:31	
Heat: 3/3 Lane : 7 Athlete: TEAM SCWR							Q-time: 01:54:50	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: