

PL VLB & B 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:30
Heat: 1/8 Lane : 1 Athlete: GHIO AMAURY					Q-time: 01:36:89
PB (25m pool): 01:36.89 Aarschot 29/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:36.89	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:30
Heat: 1/8 Lane : 7 Athlete: BENALIOUA ILYES					Q-time: 01:33:84
PB (25m pool): 01:33.84 Braine l Alleud 20/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.67		01:33.84	
	00:42.67 00:51.17				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:32
Heat: 2/8 Lane : 3 Athlete: GRELLIER OSCAR					Q-time: 01:23:89
PB (25m pool): 01:23.89 Aarschot 29/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.89	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:36
Heat: 4/8 Lane : 4 Athlete: BEUSELINCK LIAM					Q-time: 01:13:92
PB (25m pool): 01:13.92 Hannuit 28/03/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.92	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/8 Lane : 6 Athlete: MASAITIS MANTAS					Q-time: 01:08:75
PB (25m pool): 01:08.75 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.75	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+						Heat:3, starttime: 09:51		
Heat: 3/6 Lane : 4 Athlete: MASAITE MILDA						Q-time: 02:20:65		
PB (25m pool): 02:21.72 Leuven 12/10/2025 PB (50m pool): 02:20.65 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		00:33.04		01:10.09		01:46.72		02:21.72
	00:33.04		00:37.05		00:36.63		00:35.00	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+						Heat:3, starttime: 09:51		
Heat: 3/6 Lane : 7 Athlete: BRACONI MARGHERITA						Q-time: 02:22:75		
PB (25m pool): 2:22.75 International Challenge Robert 23/03/2025 PB (50m pool): 2:27.07 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		2:22.75
	no time							
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 02:06:79	
PB (25m pool): 02:06.79 Mons 26/10/2025				PB (50m pool): 02:11.25SB: 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		00:29.63		01:01.44		01:34.78		02:06.79
	00:29.63		00:31.81		00:33.34		00:32.01	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 10:05
Heat: 2/4 Lane : 3 Athlete: LASCARACHE CHRISTIAN				Q-time: 01:03:70	
PB (25m pool): 01:03.70 ARRAS 29/12/2025			PB (50m pool): 01:05.91SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.61		01:03.70	
	00:29.61		00:34.09		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:08
Heat: 4/4 Lane : 1 Athlete: VAN SINTEJAN ROMAIN				Q-time: 00:58:98	
PB (25m pool): 00:59.27 Mons 26/10/2025			PB (50m pool): 00:58.98SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.55		00:59.27	
	00:27.55		00:31.72		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 1 Athlete: ANSLOT MÉLINE				Q-time: 01:45:08	
PB (25m pool): 01:46.49 Mons 26/10/2025			PB (50m pool): 01:45.08SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:51.07		01:46.49	
	00:51.07		00:55.42		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 5 Athlete: PINNOCK ANNA					Q-time: 01:37:55
PB (25m pool): 01:39.15 Vilvoorde 26/04/2026					PB (50m pool): 01:37.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.14		01:39.15	
	00:46.14		00:53.01		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:44
Heat: 1/8 Lane : 5 Athlete: BENALIOUA ILYES					Q-time: 01:32:55
PB (25m pool): 01:32.55 Vilvoorde 05/10/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.89		01:32.55	
	00:44.89		00:47.66		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:46
Heat: 2/8 Lane : 7 Athlete: GHIO AMAURY					Q-time: 01:28:74
PB (25m pool): 01:28.74 Braine l Alleud 05/04/2026					PB (50m pool): 01:37.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:28.74	
	00:42.69		00:46.05		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 1 Athlete: GRELLIER OSCAR					Q-time: 01:23:80
PB (25m pool): 01:26.53 Leuven 12/10/2025					PB (50m pool): 01:23.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.92		01:26.53	
	00:42.92		00:43.61		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 4 Athlete: ANSLOT SACHA					Q-time: 01:19:27
PB (25m pool): 01:19.27 Meise 21/06/2026					PB (50m pool): 01:23.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.30		01:19.27	
	00:39.30		00:39.97		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:52
Heat: 5/8 Lane : 3 Athlete: WAUTERS SACHA					Q-time: 01:10:90
PB (25m pool): 01:10.90 Ciney 29/03/2026					PB (50m pool): 01:11.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.11		01:10.90	
	00:34.11		00:36.79		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:52
Heat: 5/8 Lane : 8 Athlete: BEUSELINCK LIAM					Q-time: 01:15:92
PB (25m pool): 01:16.48 Temse 17/11/2025					PB (50m pool): 01:15.92 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.16		01:16.48	
	00:37.16		00:39.32		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 5 Athlete: LASCARACHE CHRISTIAN					Q-time: 01:07:72
PB (25m pool): 01:07.72 Ciney 29/03/2026					PB (50m pool): 01:09.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.72	
	no time				
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:10	
Heat: 4/4 Lane : 5 Athlete: GANSEMANS KESSY							Q-time: 02:43:12	
PB (25m pool): 02:43.12 ARRAS 29/12/2025				PB (50m pool): 02:47.21 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		00:36.31		01:17.75		02:00.55		02:43.12
	00:36.31		00:41.44		00:42.80		00:42.57	
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:13	
Heat: 1/2 Lane : 3 Athlete: WAUTERS SACHA							Q-time: 05:32:10	
PB (25m pool): 05:46.06 Vilvoorde 18/05/2025				PB (50m pool): 05:32.10SB: 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		no time		01:22.09		no time		no time
	no time							
								
	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		05:46.06
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:20	
Heat: 2/2 Lane : 4 Athlete: VAN SINTEJAN ROMAIN							Q-time: 04:47:73	
PB (25m pool): 04:50.64 Vilvoorde 18/05/2025				PB (50m pool): 04:47.73SB: 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		no time		01:07.18		no time		no time
	no time							
								
	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		04:50.64
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:51
Heat: 6/9 Lane : 1 Athlete: MASAITE MILDA			Q-time: 00:29:46
PB (25m pool): 00:29.46 Leuven 12/10/2025			PB (50m pool): 00:30.55 SB: no time
	2 5 M	5 0 M	
PB		00:29.46	
		00:29.46	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:52
Heat: 7/9 Lane : 8 Athlete: EL MARGOUM INES			Q-time: 00:28:96
PB (25m pool): 00:28.96 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:29.82 SB: no time
	2 5 M	5 0 M	
PB		00:28.96	
		00:28.96	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 4 Athlete: BRACONI MARGHERITA			Q-time: 00:27:59
PB (25m pool): 27.59 27eme Meeting International de 12/04/2026			PB (50m pool): 28.80 SB: no time
	2 5 M	5 0 M	
PB		27.59	
		27.59	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:57
Heat: 2/6 Lane : 5 Athlete: MASAITIS MANTAS			Q-time: 00:34:71
PB (25m pool): 00:34.71 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:35.19 SB: no time
	2 5 M	5 0 M	
PB		00:34.71	
		00:34.71	
			

Coach feedback: