

PL VLB & B 26: Session: 4: 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: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 6 Athlete: ANSLOT MéLINE					Q-time: 01:33:54
PB (25m pool): 01:33.54 Braine l Alleud 05/04/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.44		01:33.54	
		00:43.44		00:50.10	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 2 Athlete: PINNOCK ANNA					Q-time: 01:27:81
PB (25m pool): 01:27.81 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		01:27.81	
		no time			
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 15:12
Heat: 3/3 Lane : 2 Athlete: EL MARGOUM INES					Q-time: 01:07:71
PB (25m pool): 01:07.71 ARRAS 29/12/2025					PB (50m pool): 01:08.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.77		01:07.71	
		00:31.77		00:35.94	
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 15:12
Heat: 3/3 Lane : 5 Athlete: VEDERNIKOVA VERA					Q-time: 01:04:97
PB (25m pool): 01:04.97 ARRAS 29/12/2025					PB (50m pool): 01:05.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.52		01:04.97	
	00:30.52		00:34.45		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 15:14
Heat: 1/3 Lane : 3 Athlete: GHIO AMAURY					Q-time: 01:54:30
PB (25m pool): 01:54.30 Zaventem 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.14		01:54.30	
	00:52.14		01:02.16		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:17
Heat: 2/3 Lane : 7 Athlete: BENALIOUA ILYES					Q-time: 01:44:44
PB (25m pool): 01:44.44 Zaventem 08/02/2026					PB (50m pool): 01:48.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.50		01:44.44	
	00:49.50		00:54.94		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:19
Heat: 3/3 Lane : 2 Athlete: BEUSELINCK LIAM					Q-time: 01:26:66
PB (25m pool): 01:26.66 Vilvoorde 01/03/2026					PB (50m pool): 01:30.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.92		01:26.66	
	00:40.92		00:45.74		
					

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:19
Heat: 3/3 Lane : 7 Athlete: GRELLIER OSCAR					Q-time: 01:31:32
PB (25m pool): 01:31.32 Leuven 12/10/2025					PB (50m pool): 01:32.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.36		01:31.32	
	00:43.36		00:47.96		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 1 Athlete: PINNOCK ANNA					Q-time: 01:33:97
PB (25m pool): 01:33.97 Mons 26/10/2025					PB (50m pool): 01:34.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.69		01:33.97	
	00:46.69		00:47.28		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 7 Athlete: ANSLOT MÉLINE					Q-time: 01:27:11
PB (25m pool): 01:27.11 Meise 21/06/2026					PB (50m pool): 01:27.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.66		01:27.11	
	00:42.66		00:44.45		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:33
Heat: 7/10 Lane : 3 Athlete: EL MARGOUM INES					Q-time: 01:13:86
PB (25m pool): 01:13.86 Ciney 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		00:36.24		01:13.86	
	00:36.24		00:37.62		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:33
Heat: 7/10 Lane : 4 Athlete: MASAITE MILDA					Q-time: 01:13:38
PB (25m pool): 01:13.38 Mons 26/10/2025					PB (50m pool): 01:14.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.17		01:13.38	
	00:36.17		00:37.21		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 2 Athlete: BRACONI MARGHERITA					Q-time: 01:10:37
PB (25m pool): 1:10.37 Arena Spring Race ... 04/04/2026					PB (50m pool): 1:13.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		1:10.37	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 3 Athlete: GANSEMANS KESSY					Q-time: 01:09:97
PB (25m pool): 01:09.97 Mons 26/10/2025					PB (50m pool): 01:13.26 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.97		01:09.97	
	00:33.97		00:36.00		
					

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 15:57
Heat: 2/2 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 04:58:68
PB (25m pool): 04:58.68 Gent 09/11/2025							PB (50m pool): 05:02.26 SB: 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
PB		00:31.39		01:07.73		01:46.92	02:24.74
	00:31.39		00:36.34		00:39.19		00:37.82
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		03:08.04		03:51.98		04:26.16	04:58.68
	00:43.30		00:43.94		00:34.18		00:32.52
							

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 15:57	
Heat: 2/2 Lane : 5 Athlete: GANSEMANS KESSY							Q-time: 05:06:88	
PB (25m pool): 05:06.88 Gent 09/11/2025				PB (50m pool): 05:15.85SB: 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		00:32.85		01:11.76		01:50.70		02:29.28
	00:32.85		00:38.91		00:38.94		00:38.58	
								
	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		03:13.42		03:57.04		04:32.59		05:06.88
	00:44.14		00:43.62		00:35.55		00:34.29	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:7, starttime: 16:40	
Heat: 7/9 Lane : 7 Athlete: LASCARACHE CHRISTIAN							Q-time: 00:25:74	
PB (25m pool): 00:25.74 Mons 26/10/2025				PB (50m pool): 00:26.60SB: no time				
	2 5 M		5 0 M					
PB			00:25.74					
			00:25.74					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:8, starttime: 16:41	
Heat: 8/9 Lane : 1 Athlete: VAN SINTEJAN ROMAIN							Q-time: 00:25:27	
PB (25m pool): 00:25.27 Mons 26/10/2025							PB (50m pool): 00:25.74SB: no time	
PB	2 5 M		5 0 M					
			00:25.27					
			00:25.27					
								

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 16:45
Heat: 3/4 Lane : 4 Athlete: GANSEMANS KESSY				Q-time: 00:35:60
PB (25m pool): 00:35.60 ARRAS 29/12/2025				PB (50m pool): 00:36.01 SB: no time
	2 5 M	5 0 M		
PB		00:35.60		
	00:35.60			
				

Coach feedback:

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:07	
Heat: 3/3 Lane : 6 Athlete: TEAM SCWR							Q-time: 02:06:20	
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: