

FSC 25: Session: 4: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Henveaux André HEADCOACH

PB => Personal Best time

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

Event number: 14: 400M FREESTYLE MEN 15+							Heat:1, starttime: 09:00	
Heat: 1/11 Lane : 1 Athlete: VANHECKE RAPHAËL							Q-time: 99:99:99	
PB (50m pool): 4:01.06 Antwerpen 28 Jul 2023				PB (25m pool): 3:56.56 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		57.52						4:01.06
		57.52						3:03.54

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 15+							Heat:10, starttime: 09:45	
Heat: 10/11 Lane : 3 Athlete: SAIVE ANTOINE							Q-time: 04:02:67	
PB (50m pool): 4:02.67 Antwerpen 26 Jul 2024				PB (25m pool): 3:53.07 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	27.64	57.61	1:28.17	1:58.80	2:30.30	3:02.10	3:33.37	4:02.67
	27.64	29.97	30.56	30.63	31.50	31.80	31.27	29.30

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 15+							Heat:11, starttime: 09:50	
Heat: 11/11 Lane : 2 Athlete: COURBOIS THOMAS							Q-time: 04:06:11	
PB (50m pool): 4:03.04 Antwerpen 22 Apr 2023				PB (25m pool): 3:57.10 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	27.57	57.75	1:29.11	2:00.38	2:31.55	3:02.45	3:33.40	4:03.04
	27.57	30.18	31.36	31.27	31.17	30.90	30.95	29.64

Coach feedback:

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Event number: 18: 200M BUTTERFLY MEN 15+					Heat:1, starttime: 11:05
Heat: 1/3 Lane : 4 Athlete: LECOCQ JUSTIN					Q-time: 02:08:15
PB (50m pool): 2:08.15 Antwerpen 28 Jul 2024					PB (25m pool): 2:04.84 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	28.02	1:01.41	1:35.29	2:08.15	
	28.02	33.39	33.88	32.86	
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 15+					Heat:16, starttime: 11:55
Heat: 16/20 Lane : 5 Athlete: MAGREMANNE MATTÉO					Q-time: 00:54:15
PB (50m pool): 53.87 Amiens (FRA) 22 Dec 2024					PB (25m pool): 51.70 SB: no time
	5 0 M	1 0 0 M			
PB	25.83	53.87			
	25.83	28.04			
			

Coach feedback:

Event number: 24: 200M MEDLEY MEN 15+					Heat:1, starttime: 12:30
Heat: 1/12 Lane : 6 Athlete: VANHECKE RAPHAËL					Q-time: 99:99:99
PB (50m pool): 2:06.62 Antwerpen 29 Jul 2023					PB (25m pool): 1:58.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	26.96	1:00.16	1:36.10	2:06.62	
	26.96	33.20	35.94	30.52	
	

Coach feedback:

Event number: 24: 200M MEDLEY MEN 15+					Heat:9, starttime: 12:50
Heat: 9/12 Lane : 8 Athlete: MAGREMANNE MATTÉO					Q-time: 02:19:90
PB (50m pool): 2:19.90 Antwerpen 27 Jul 2024					PB (25m pool): 2:13.08 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	29.34	1:06.77	1:47.97	2:19.90	
	29.34	37.43	41.20	31.93	
	

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 15+					Heat:10, starttime: 12:55
Heat: 10/12 Lane : 3 Athlete: LECOCQ JUSTIN					Q-time: 02:11:36
PB (50m pool): 2:11.36 Antwerpen 27 Jul 2024					PB (25m pool): 2:10.47 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	27.33	1:01.61	1:40.37	2:11.36	
	27.33	34.28	38.76	30.99	
	

Coach feedback: