

BK WE1 2025: Session: 2: COACH evaluation sheet for TEAM: MOSAN

Coachinfo: Warming up from: 12:30 untill 14:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Defraîne Claris

Coaches: Andrien Maxime HEADCOACH

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14 **Heat:5, starttime: 14:55**

Heat: 5/6 Lane : 7 Athlete: GILLAIN GWENALYNN **Q-time: 05:41:22**

PB (50m pool): 5:41.22 Charleroi 11 May 2025 **PB (25m pool): 5:43.53 SB:**

	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	36.71	1:19.11	2:04.19	2:46.70	3:36.94	4:25.91	5:04.73	5:41.22
	36.71	42.40	45.08	42.51	50.24	48.97	38.82	36.49

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 13-14 **Heat:6, starttime: 15:01**

Heat: 6/6 Lane : 4 Athlete: DE GYNS LILWENN **Q-time: 05:12:84**

PB (50m pool): 5:18.92 La Louviere 2 Feb 2025 **PB (25m pool): 5:12.84 SB:**

	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	33.21	1:12.42	1:53.67	2:32.79	3:19.58	4:06.13	4:42.68	5:18.92
	33.21	39.21	41.25	39.12	46.79	46.55	36.55	36.24

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12 **Heat:7, starttime: 15:38**

Heat: 7/15 Lane : 5 Athlete: BARDI SAM-GIAO GABRIELLE **Q-time: 01:32:63**

PB (50m pool): **PB (25m pool): No time SB:**

	5 0 M	1 0 0 M
PB		

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-12			Heat:9, starttime: 15:42		
Heat: 9/15 Lane : 7 Athlete: LECOMTE CAMARA CAMILLE			Q-time: 01:30:01		
PB (50m pool): 1:30.01 La Louviere 25 May 2025			PB (25m pool): 1:34.36 SB:		
	50 M	100 M			
PB	40.55	1:30.01			
	40.55	49.46			
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12			Heat:10, starttime: 15:43		
Heat: 10/15 Lane : 2 Athlete: RINKIN VALENTINE			Q-time: 01:27:57		
PB (50m pool): 1:32.99 La Louviere 25 May 2025			PB (25m pool): 1:27.57 SB:		
	50 M	100 M			
PB	43.89	1:32.99			
	43.89	49.10			
			

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12					Heat:4, starttime: 16:12			
Heat: 4/12 Lane : 3 Athlete: CHRISTIAENS TOM					Q-time: 05:29:13			
PB (50m pool): 5:29.13 Seraing 17 Nov 2024					PB (25m pool): 5:47.35 SB:			
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	37.44	1:18.88	2:00.71	2:42.83	3:24.86	4:07.66	4:49.45	5:29.13
	37.44	41.44	41.83	42.12	42.03	42.80	41.79	39.68

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12					Heat:5, starttime: 16:18			
Heat: 5/12 Lane : 7 Athlete: DETHIER AXEL					Q-time: 05:28:06			
PB (50m pool): 5:28.06 Charleroi 10 May 2025					PB (25m pool): 5:34.05 SB:			
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	36.74	1:17.97	1:58.98	2:40.78	3:23.06	4:05.42	4:48.41	5:28.06
	36.74	41.23	41.01	41.80	42.28	42.36	42.99	39.65

Coach feedback:

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Event number: 12: 400M FREESTYLE MEN 11-12							Heat:9, starttime: 16:41	
Heat: 9/12 Lane : 5 Athlete: GUILLEAUME JEREMIAH							Q-time: 05:16:17	
PB (50m pool): 5:16.17 Charleroi 10 May 2025				PB (25m pool): 5:22.86 SB:				
	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	35.67	1:15.06	1:55.70	2:35.81	3:16.59	3:56.75	4:37.34	5:16.17
	35.67	39.39	40.64	40.11	40.78	40.16	40.59	38.83

Coach feedback: