

BK WE1 2025: Session: 3: COACH evaluation sheet for TEAM: AQUABLA

Coachinfo: Warming up from: 07:00 until 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Vansaen Thomas

Coaches: De Smet GrÃ©gory HEADCOACH

Coaches: Massart SÃ©bastien

Coaches: Thiry Coralie

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:2, starttime: 08:36

Heat: 2/9 Lane : 3 Athlete: CAFFAREY AUDREY Q-time: 05:04:31

PB (50m pool): 5:04.31 Mouscron 29 May 2025 PB (25m pool): 5:45.10 SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	34.49	1:12.97	1:52.15	2:31.24	3:09.56	3:48.85	4:27.18	5:04.31
	34.49	38.48	39.18	39.09	38.32	39.29	38.33	37.13

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:8, starttime: 09:08

Heat: 8/9 Lane : 6 Athlete: HARDACRE JULIETTE Q-time: 04:48:21

PB (50m pool): 4:56.54 La Louviere 2 Feb 2025 PB (25m pool): 4:48.21 SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	32.37	1:08.60	1:46.86	2:25.61	3:04.11	3:43.34	4:19.37	4:56.54
	32.37	36.23	38.26	38.75	38.50	39.23	36.03	37.17

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:9, starttime: 09:13

Heat: 9/9 Lane : 2 Athlete: MANISE NAÃ«LLE Q-time: 04:37:72

PB (50m pool): 4:41.85 Antwerpen 27 Apr 2025 PB (25m pool): 4:37.72 SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	31.82	1:06.33	1:41.76	2:17.77	2:54.30	3:30.52	4:06.89	4:41.85
	31.82	34.51	35.43	36.01	36.53	36.22	36.37	34.96

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 11-12				Heat:1, starttime: 10:06	
Heat: 1/12 Lane : 2 Athlete: LECLERCQ VICTOR				Q-time: 03:07:79	
PB (50m pool): 3:09.93 Mouscron 29 May 2025			PB (25m pool): 3:07.79 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	41.32	1:30.24	2:28.75	3:09.93	
	41.32	48.92	58.51	41.18	
	

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12				Heat:3, starttime: 10:13	
Heat: 3/12 Lane : 3 Athlete: CHRISTIAENS THÃ©O				Q-time: 03:01:92	
PB (50m pool): 3:03.70 Charleroi 11 May 2025			PB (25m pool): 3:01.92 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	41.11	1:29.25	2:22.14	3:03.70	
	41.11	48.14	52.89	41.56	
	

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12				Heat:5, starttime: 10:19	
Heat: 5/12 Lane : 7 Athlete: SPROCKEELS LIAM				Q-time: 02:55:65	
PB (50m pool): 2:59.55 Mouscron 29 May 2025			PB (25m pool): 2:55.65 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	41.64	1:25.86	2:21.65	2:59.55	
	41.64	44.22	55.79	37.90	
	

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12				Heat:8, starttime: 10:29	
Heat: 8/12 Lane : 3 Athlete: TANNOURY JOSEPH				Q-time: 02:52:64	
PB (50m pool): 2:53.54 Charleroi 11 May 2025			PB (25m pool): 2:52.64 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	37.35	1:21.37	2:15.96	2:53.54	
	37.35	44.02	54.59	37.58	
	

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 11-12					Heat:10, starttime: 10:35
Heat: 10/12 Lane : 6 Athlete: TASSENOY TOM					Q-time: 02:48:31
PB (50m pool): 2:48.52 Charleroi 11 May 2025			PB (25m pool): 2:48.31 SB:		
	50 M	100 M	150 M	200 M	
PB	37.34	1:21.56	2:13.69	2:48.52	
	37.34	44.22	52.13	34.83	
	

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14								Heat:1, starttime: 11:01
Heat: 1/3 Lane : 5 Athlete: DETOMBE GASPARD								Q-time: 19:19:21
PB (50m pool): 19:19.21 Charleroi 10 May 2025				PB (25m pool): 19:55.75 SB:				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	34.74	1:13.20	1:51.99	2:30.65	3:10.20	3:49.05	4:27.99	5:06.92
	34.74	38.46	38.79	38.66	39.55	38.85	38.94	38.93

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	5:46.06	6:25.11	7:03.92	7:43.06	8:21.84	9:00.60	9:39.56	10:18.26
	39.14	39.05	38.81	39.14	38.78	38.76	38.96	38.70

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB	10:57.44	11:36.67	12:15.59	12:54.47	13:32.89	14:11.33	14:50.45	15:29.67
	39.18	39.23	38.92	38.88	38.42	38.44	39.12	39.22

	1150 M	1300 M	1350 M	1400 M	1450 M	1500 M		
PB	16:08.86	16:48.16	17:27.65	18:06.54	18:42.63	19:19.21		
	39.19	39.30	39.49	38.89	36.09	36.58		
		

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 12:06
Heat: 3/10 Lane : 8 Athlete: DE GEEST MANON					Q-time: 02:45:79
PB (50m pool): 2:45.79 Charleroi 10 May 2025			PB (25m pool): 2:53.00 SB:		
	50 M	100 M	150 M	200 M	
PB	38.46	1:20.93	2:02.63	2:45.79	
	38.46	42.47	41.70	43.16	
	

Coach feedback:

BK WE1 2025: Session: 3: COACH evaluation sheet for TEAM: AQUABLA

Event number: 23: 200M BACKSTROKE WOMEN 13-14 Heat:10, starttime: 12:27

Heat: 10/10 Lane : 6 Athlete: HARDACRE JULIETTE Q-time: 02:30:22

PB (50m pool): 2:34.15 La Louviere 2 Feb 2025 PB (25m pool): 2:30.22 SB:

	50 M	100 M	150 M	200 M	
PB	34.36	1:13.52	1:54.10	2:34.15	
	34.36	39.16	40.58	40.05	
	

Coach feedback: