

# BK WE1 2025: Session: 3: COACH evaluation sheet for TEAM: CNB

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

Teamleadmeeting @

The listed starttimes are indicative!

PB => Personal Best time

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

**Event number: 17: 400M FREESTYLE WOMEN 13-14** **Heat:1, starttime: 08:30**

**Heat: 1/9 Lane : 5 Athlete: PECIREP LANA** **Q-time: 05:07:83**

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

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
<b>PB</b>								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

**Event number: 17: 400M FREESTYLE WOMEN 13-14** **Heat:3, starttime: 08:41**

**Heat: 3/9 Lane : 5 Athlete: GRILO MACHADO DIANA** **Q-time: 05:02:40**

**PB (50m pool): 5:02.40 Luxembourg 3 May 2025** **PB (25m pool): 5:09.99** **SB:**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
<b>PB</b>	34.60	1:12.72	1:52.00	2:31.13	3:09.51	3:47.74	4:25.56	5:02.40
	34.60	38.12	39.28	39.13	38.38	38.23	37.82	36.84
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Coach feedback:

**Event number: 17: 400M FREESTYLE WOMEN 13-14** **Heat:6, starttime: 08:57**

**Heat: 6/9 Lane : 3 Athlete: KUNEN GRETA** **Q-time: 04:55:50**

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

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
<b>PB</b>								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# BK WE1 2025: Session: 3: COACH evaluation sheet for TEAM: CNB

<b>Event number: 18: 200M BREASTSTROKE MEN 13-14</b>				<b>Heat:5, starttime: 09:31</b>	
<b>Heat: 5/5 Lane : 7 Athlete: SIMÃO NOGUEIRA FRANCISCO</b>				<b>Q-time: 02:43:35</b>	
PB (50m pool): 2:43.35 Luxembourg -&nb 15 Jun 2025			PB (25m pool): 2:47.10 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	36.25	1:17.19	2:00.44	2:43.35	
	36.25	40.94	43.25	42.91	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 19: 100M BACKSTROKE WOMEN 11-12</b>				<b>Heat:6, starttime: 09:45</b>	
<b>Heat: 6/17 Lane : 5 Athlete: KOEUNE SOFIA</b>				<b>Q-time: 01:28:43</b>	
PB (50m pool): 1:28.43 Oostende 30 May 2025			PB (25m pool): 1:29.93 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	43.43	1:28.43			
	43.43	45.00			
	.....	.....			

Coach feedback:

<b>Event number: 19: 100M BACKSTROKE WOMEN 11-12</b>				<b>Heat:10, starttime: 09:52</b>	
<b>Heat: 10/17 Lane : 4 Athlete: ARTAMONOVA ANASTASIA</b>				<b>Q-time: 01:24:66</b>	
PB (50m pool):			PB (25m pool): No time SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB					
	.....	.....			

Coach feedback:

<b>Event number: 19: 100M BACKSTROKE WOMEN 11-12</b>				<b>Heat:11, starttime: 09:53</b>	
<b>Heat: 11/17 Lane : 1 Athlete: MERCHE ELSA</b>				<b>Q-time: 01:24:22</b>	
PB (50m pool): 1:24.22 Luxembourg (LUX 9 Mar 2025			PB (25m pool): 1:22.07 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	40.97	1:24.22			
	40.97	43.25			
	.....	.....			

Coach feedback:

# BK WE1 2025: Session: 3: COACH evaluation sheet for TEAM: CNB

<b>Event number: 20: 200M MEDLEY MEN 11-12</b>				<b>Heat:8, starttime: 10:29</b>	
<b>Heat: 8/12 Lane : 5 Athlete: AUDOT CLĂ©MENT</b>				<b>Q-time: 02:52:62</b>	
<b>PB (50m pool):</b>		<b>PB (25m pool): No time SB:</b>			
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
<b>PB</b>					
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Coach feedback:

<b>Event number: 20: 200M MEDLEY MEN 11-12</b>				<b>Heat:10, starttime: 10:35</b>	
<b>Heat: 10/12 Lane : 4 Athlete: ARTAMONOV VLADIMIR</b>				<b>Q-time: 02:47:31</b>	
<b>PB (50m pool):</b>		<b>PB (25m pool): No time SB:</b>			
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
<b>PB</b>					
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 21: 100M BREASTSTROKE WOMEN 13-14</b>			<b>Heat:1, starttime: 10:45</b>		
<b>Heat: 1/9 Lane : 4 Athlete: BIETTE LUCE</b>			<b>Q-time: 01:27:35</b>		
<b>PB (50m pool): 1:27.35 Oostende 29 May 2025</b>		<b>PB (25m pool): 1:27.71 SB:</b>			
	<b>5 0 M</b>	<b>1 0 0 M</b>			
<b>PB</b>	41.60	1:27.35			
	41.60	45.75			
	.....	.....			

Coach feedback:

<b>Event number: 21: 100M BREASTSTROKE WOMEN 13-14</b>			<b>Heat:5, starttime: 10:52</b>		
<b>Heat: 5/9 Lane : 2 Athlete: KIRCH EMMA</b>			<b>Q-time: 01:23:61</b>		
<b>PB (50m pool):</b>		<b>PB (25m pool): No time SB:</b>			
	<b>5 0 M</b>	<b>1 0 0 M</b>			
<b>PB</b>					
	.....	.....			

Coach feedback:

# BK WE1 2025: Session: 3: COACH evaluation sheet for TEAM: CNB

<b>Event number: 21: 100M BREASTSTROKE WOMEN 13-14</b>			<b>Heat:7, starttime: 10:56</b>		
<b>Heat: 7/9 Lane : 7 Athlete: PECIREP LANA</b>				<b>Q-time: 01:21:88</b>	
PB (50m pool):			PB (25m pool): No time SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
<b>PB</b>					
	.....	.....			

Coach feedback:

<b>Event number: 23: 200M BACKSTROKE WOMEN 13-14</b>				<b>Heat:3, starttime: 12:06</b>	
<b>Heat: 3/10 Lane : 2 Athlete: KIRCH EMMA</b>				<b>Q-time: 02:44:92</b>	
PB (50m pool):			PB (25m pool): No time SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
<b>PB</b>					
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Coach feedback: