

# BK WE1 2025: Session: 4: COACH evaluation sheet for TEAM: CNSW

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Blondeel Nathalie HEADCOACH

PB => Personal Best time

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

**Event number: 24: 200M MEDLEY MEN 13-14** **Heat:2, starttime: 14:33**

**Heat: 2/13 Lane : 7 Athlete: OURAGHI WASSIM** **Q-time: 02:50:38**

**PB (50m pool): 2:50.38 Charleroi 11 May 2025** **PB (25m pool): 2:45.13 SB:**

	50 M	100 M	150 M	200 M	
<b>PB</b>	38.99	1:24.58	2:12.77	2:50.38	
	38.99	45.59	48.19	37.61	
	.....	.....	.....	.....	

Coach feedback:

**Event number: 24: 200M MEDLEY MEN 13-14** **Heat:5, starttime: 14:43**

**Heat: 5/13 Lane : 4 Athlete: GORINI FEDERICO** **Q-time: 02:38:74**

**PB (50m pool): 2:38.74 Ottignies Louva 7 Jun 2025** **PB (25m pool): 2:40.79 SB:**

	50 M	100 M	150 M	200 M	
<b>PB</b>	35.44	1:16.81	2:04.23	2:38.74	
	35.44	41.37	47.42	34.51	
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Coach feedback:

**Event number: 24: 200M MEDLEY MEN 13-14** **Heat:5, starttime: 14:43**

**Heat: 5/13 Lane : 6 Athlete: EVERSONAS PAULIUS** **Q-time: 02:40:29**

**PB (50m pool): 2:40.29 Eindhoven (NED) 15 Mar 2025** **PB (25m pool): 2:38.16 SB:**

	50 M	100 M	150 M	200 M	
<b>PB</b>	36.02	1:20.52	2:05.20	2:40.29	
	36.02	44.50	44.68	35.09	
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Coach feedback:

# BK WE1 2025: Session: 4: COACH evaluation sheet for TEAM: CNSW

<b>Event number: 24: 200M MEDLEY MEN 13-14</b>				<b>Heat:8, starttime: 14:52</b>	
<b>Heat: 8/13 Lane : 1 Athlete: ROBBA ENRICO</b>				<b>Q-time: 02:36:56</b>	
PB (50m pool): 2:36.56 Charleroi 11 May 2025			PB (25m pool): 2:39.21 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	33.31	1:15.06	2:00.32	2:36.56	
	33.31	41.75	45.26	36.24	
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Coach feedback:

<b>Event number: 24: 200M MEDLEY MEN 13-14</b>				<b>Heat:8, starttime: 14:52</b>	
<b>Heat: 8/13 Lane : 7 Athlete: GARCIA THOMAS</b>				<b>Q-time: 02:36:45</b>	
PB (50m pool): 2:36.45 Ottignies Louva 7 Jun 2025			PB (25m pool): 3:02.19 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	33.10	1:15.50	2:00.78	2:36.45	
	33.10	42.40	45.28	35.67	
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Coach feedback:

<b>Event number: 26: 100M FREESTYLE MEN 11-12</b>			<b>Heat:2, starttime: 15:17</b>		
<b>Heat: 2/14 Lane : 6 Athlete: MAJED MALEK</b>			<b>Q-time: 01:17:44</b>		
PB (50m pool): Woluwe-Saint-Pierre 29 Mar 2025			PB (25m pool): 1:24.26 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB					
	.....	.....			

Coach feedback:

<b>Event number: 26: 100M FREESTYLE MEN 11-12</b>			<b>Heat:6, starttime: 15:24</b>		
<b>Heat: 6/14 Lane : 2 Athlete: GOFFETTE GILLES</b>			<b>Q-time: 01:13:01</b>		
PB (50m pool): 1:13.01 Ottignies Louva 16 Mar 2025			PB (25m pool): 1:16.81 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	35.24	1:13.01			
	35.24	37.77			
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Coach feedback:

# BK WE1 2025: Session: 4: COACH evaluation sheet for TEAM: CNSW

<b>Event number: 26: 100M FREESTYLE MEN 11-12</b>		<b>Heat:9, starttime: 15:28</b>
<b>Heat: 9/14 Lane : 2 Athlete: GLERIA GIOVANNI</b>		<b>Q-time: 01:10:81</b>
PB (50m pool): 1:10.81 Charleroi 12 Jan 2025		PB (25m pool): 1:11.69 SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	34.20	1:10.81
	34.20	36.61
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Coach feedback:

<b>Event number: 27: 400M FREESTYLE WOMEN 11-12</b>						<b>Heat:1, starttime: 15:37</b>		
<b>Heat: 1/14 Lane : 5 Athlete: ORPHANIDES ALEXIA</b>						<b>Q-time: 05:56:07</b>		
PB (50m pool): 5:56.07 Ottignies Louva 7 Jun 2025				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>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	38.22	1:22.53	2:10.53	2:58.02	3:43.26	4:29.13	5:13.52	5:56.07
	38.22	44.31	48.00	47.49	45.24	45.87	44.39	42.55
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Coach feedback:

<b>Event number: 28: 100M FREESTYLE MEN 13-14</b>		<b>Heat:1, starttime: 17:00</b>
<b>Heat: 1/7 Lane : 4 Athlete: EVERSONAS PAULIUS</b>		<b>Q-time: 01:03:66</b>
PB (50m pool): 1:03.66 Charleroi 11 May 2025		PB (25m pool): 1:05.16 SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	31.03	1:03.66
	31.03	32.63
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Coach feedback:

<b>Event number: 28: 100M FREESTYLE MEN 13-14</b>		<b>Heat:2, starttime: 17:02</b>
<b>Heat: 2/7 Lane : 3 Athlete: GARCIA THOMAS</b>		<b>Q-time: 01:02:30</b>
PB (50m pool): 1:02.30 Ottignies Louva 7 Jun 2025		PB (25m pool): 1:09.58 SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	30.32	1:02.30
	30.32	31.98
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Coach feedback:

# BK WE1 2025: Session: 4: COACH evaluation sheet for TEAM: CNSW

<b>Event number: 29: 4x100M MEDLEY MEN 11-12</b>							<b>Heat:1, starttime: 17:10</b>	
<b>Heat: 1/2 Lane : 3 Athlete: TEAM CNSW 6</b>							<b>Q-time: 05:41:22</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>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
<b>PB</b>								
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Coach feedback:

<b>Event number: 30: 4x100M FREESTYLE WOMEN 11-12</b>							<b>Heat:1, starttime: 17:22</b>	
<b>Heat: 1/2 Lane : 2 Athlete: TEAM CNSW 7</b>							<b>Q-time: 05:10:91</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>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
<b>PB</b>								
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Coach feedback:

<b>Event number: 31: 4x100M MEDLEY MEN 13-14</b>							<b>Heat:1, starttime: 17:34</b>	
<b>Heat: 1/2 Lane : 7 Athlete: TEAM CNSW 9</b>							<b>Q-time: 05:10:01</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>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
<b>PB</b>								
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Coach feedback:

<b>Event number: 31: 4x100M MEDLEY MEN 13-14</b>							<b>Heat:2, starttime: 17:39</b>	
<b>Heat: 2/2 Lane : 8 Athlete: TEAM CNSW 8</b>							<b>Q-time: 04:46:26</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>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
<b>PB</b>								
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Coach feedback: