

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Glorieux Nicolas HEADCOACH

Coaches: Glineur Raphael

PB => Personal Best time

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

**Event number: 27: 400M FREESTYLE WOMEN 11-12** Heat:7, starttime: 16:14

Heat: 7/14 Lane : 6 Athlete: VALERIO INĂˆS Q-time: 05:29:21

PB (50m pool): 5:35.80 Ottignies Louva 7 Jun 2025 PB (25m pool): 5:29.21 SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	36.65	1:17.41	2:00.63	2:45.32	3:28.82	4:12.31	4:55.23	5:35.80
	36.65	40.76	43.22	44.69	43.50	43.49	42.92	40.57
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Coach feedback:

**Event number: 27: 400M FREESTYLE WOMEN 11-12** Heat:11, starttime: 16:38

Heat: 11/14 Lane : 4 Athlete: MAGHUE LALY Q-time: 05:18:44

PB (50m pool): 5:25.33 La Louviere 24 May 2025 PB (25m pool): 5:18.44 SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB		1:16.47		2:40.44		4:05.57		5:25.33
		1:16.47		1:23.97		1:25.13		1:19.76
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Coach feedback:

**Event number: 30: 4x100M FREESTYLE WOMEN 11-12** Heat:2, starttime: 17:28

Heat: 2/2 Lane : 7 Athlete: TEAM ENLN 1 Q-time: 04:53:48

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
PB								
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Coach feedback: