

CB-BK WE1 2026: Session: 1: COACH evaluation sheet for TEAM: CNSW

Coachinfo: Warming up from: 07:00 untill 08:15. 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: 2: 200M BACKSTROKE MEN 13-14					Heat:2, starttime: 09:15
Heat: 2/11 Lane : 4 Athlete: GOFFETTE GILLES					Q-time: 02:47:14
PB (50m pool): 02:47.14 Antwerpen 19/04/2026					PB (25m pool): 02:55.65 SB: 02:47.14 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.10	01:22.86	02:06.30	02:47.14	
	00:40.10	00:42.76	00:43.44	00:40.84	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:5, starttime: 09:26
Heat: 5/11 Lane : 8 Athlete: GRONDARD-VAN SCHAGEN LUUK					Q-time: 02:42:78
PB (50m pool): 02:42.78 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): no time SB: 02:42.78 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.03	01:19.38	02:02.71	02:42.78	
	00:38.03	00:41.35	00:43.33	00:40.07	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:7, starttime: 09:34
Heat: 7/11 Lane : 4 Athlete: EVERSONAS PAULIUS					Q-time: 02:35:21
PB (50m pool): 02:35.21 Eindhoven 22/03/2026					PB (25m pool): no time SB: 02:35.21 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.59	01:17.01	01:57.19	02:35.21	
	00:36.59	00:40.42	00:40.18	00:38.02	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:8, starttime: 10:17
Heat: 8/20 Lane : 1 Athlete: VOJTOVA JULIA					Q-time: 03:06:57
PB (50m pool): 03:06.57 Charleroi 24/05/2026					PB (25m pool): 03:01.56 SB: 03:06.57 Charleroi 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.89	01:31.35	02:25.57	03:06.57	
	00:42.89	00:48.46	00:54.22	00:41.00	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:14, starttime: 10:38
Heat: 14/20 Lane : 7 Athlete: ORPHANIDES ALEXIA					Q-time: 02:55:97
PB (50m pool): 03:01.39 Eindhoven 10/05/2026					PB (25m pool): 03:11.59 SB: 03:01.39 Eindhoven 10/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.83	01:24.30	02:22.16	03:01.39	
	00:41.83	00:42.47	00:57.86	00:39.23	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:1, starttime: 11:02
Heat: 1/12 Lane : 5 Athlete: FLOURAKIS THÉO					Q-time: 01:37:25
PB (50m pool): no time					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:3, starttime: 11:07
Heat: 3/12 Lane : 3 Athlete: GUO CHARLIE					Q-time: 01:27:81
PB (50m pool): 01:27.81 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): no time SB: 01:27.81 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M			
PB	00:42.93	01:27.81			
	00:42.93	00:44.88			
					

Coach feedback:

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Event number: 6: 400M MEDLEY MEN 13-14							Heat:2, starttime: 11:49	
Heat: 2/8 Lane : 6 Athlete: MAJED MALEK							Q-time: 06:00:77	
PB (50m pool): 06:00.77 Ottignies Louvain-La-Neuve 07/06/2026PB (25m pool): no time SB: 06:00.77 Ottignies Louvain-La-Neuve 07/06/2026								
	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	00:43.42	01:33.64	02:21.04	03:06.03	03:53.47	04:42.68	05:23.77	06:00.77
	00:43.42	00:50.22	00:47.40	00:44.99	00:47.44	00:49.21	00:41.09	00:37.00
								

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:3, starttime: 11:55	
Heat: 3/8 Lane : 3 Athlete: GLERIA GIOVANNI							Q-time: 05:44:27	
PB (50m pool): 05:44.27 Ottignies Louvain-La-Neuve 07/06/2026PB (25m pool): no time SB: 05:44.27 Ottignies Louvain-La-Neuve 07/06/2026								
	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	00:38.65	01:24.84	02:07.54	02:50.21	03:39.77	04:30.17	05:07.89	05:44.27
	00:38.65	00:46.19	00:42.70	00:42.67	00:49.56	00:50.40	00:37.72	00:36.38
								

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:3, starttime: 11:55	
Heat: 3/8 Lane : 7 Athlete: SOUTHWORTH BARNABY							Q-time: 05:52:15	
PB (50m pool): 05:52.15 Ottignies Louvain-La-Neuve 07/06/2026PB (25m pool): no time SB: 05:52.15 Ottignies Louvain-La-Neuve 07/06/2026								
	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	00:37.99	01:24.51	02:11.01	02:55.59	03:42.88	04:31.05	05:12.79	05:52.15
	00:37.99	00:46.52	00:46.50	00:44.58	00:47.29	00:48.17	00:41.74	00:39.36
								

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:5, starttime: 12:08	
Heat: 5/8 Lane : 1 Athlete: GUO LOUIS							Q-time: 05:35:19	
PB (50m pool): 05:35.19 La Louvière 08/02/2026				PB (25m pool): no time SB: 05:35.19 La Louvière 08/02/2026				
	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	00:35.87	01:17.70	02:02.31	02:46.20	03:34.14	04:22.24	05:00.50	05:35.19
	00:35.87	00:41.83	00:44.61	00:43.89	00:47.94	00:48.10	00:38.26	00:34.69
								

Coach feedback:

CB-BK WE1 2026: Session: 1: COACH evaluation sheet for TEAM: CNSW

Event number: 6: 400M MEDLEY MEN 13-14							Heat:5, starttime: 12:08	
Heat: 5/8 Lane : 7 Athlete: OURAGHI WASSIM							Q-time: 05:35:14	
PB (50m pool): 05:35.14 Eindhoven 10/05/2026				PB (25m pool): no time SB: 05:35.14 Eindhoven 10/05/2026				
	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	00:37.36	01:21.64	02:07.32	02:52.66	03:37.38	04:22.91	05:00.02	05:35.14
	00:37.36	00:44.28	00:45.68	00:45.34	00:44.72	00:45.53	00:37.11	00:35.12
								

Coach feedback:

Event number: 7: 4x100M MEDLEY MIXED 11-12							Heat:1, starttime: 12:32	
Heat: 1/3 Lane : 3 Athlete: TEAM CNSW 8							Q-time: 06:09:39	
PB (50m pool):			PB (25m pool):			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								
								

Coach feedback:

Event number: 7: 4x100M MEDLEY MIXED 11-12							Heat:2, starttime: 12:39	
Heat: 2/3 Lane : 7 Athlete: TEAM CNSW 7							Q-time: 05:41:96	
PB (50m pool):			PB (25m pool):			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								
								

Coach feedback:

Event number: 8: 4x100M MEDLEY MIXED 13-14							Heat:2, starttime: 12:58	
Heat: 2/4 Lane : 2 Athlete: TEAM CNSW 13							Q-time: 05:19:43	
PB (50m pool):			PB (25m pool):			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								
								

Coach feedback: