

CB-BK WE1 2026: Session: 2: 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: 10: 200M FREESTYLE MEN 13-14					Heat:1, starttime: 15:21
Heat: 1/8 Lane : 3 Athlete: GLERIA GIOVANNI					Q-time: 02:23:19
PB (50m pool): 02:23.19 Eindhoven 22/03/2026					PB (25m pool): 02:25.14 SB: 02:23.19 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.80	01:09.37	01:47.46	02:23.19	
	00:32.80	00:36.57	00:38.09	00:35.73	
					

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14					Heat:5, starttime: 15:33
Heat: 5/8 Lane : 2 Athlete: OURAGHI WASSIM					Q-time: 02:16:64
PB (50m pool): 02:16.64 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): 02:23.27 SB: 02:16.64 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.98	01:07.10	01:42.51	02:16.64	
	00:31.98	00:35.12	00:35.41	00:34.13	
					

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14					Heat:7, starttime: 15:38
Heat: 7/8 Lane : 3 Athlete: EVERSONAS PAULIUS					Q-time: 02:11:69
PB (50m pool): 02:11.69 Antwerpen 19/04/2026					PB (25m pool): 02:12.03 SB: 02:11.69 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.02	01:05.26	01:39.89	02:11.69	
	00:31.02	00:34.24	00:34.63	00:31.80	
					

Coach feedback:

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Event number: 12: 400M FREESTYLE MEN 11-12							Heat:2, starttime: 16:28	
Heat: 2/12 Lane : 7 Athlete: FLOURAKIS THÉO							Q-time: 05:44:14	
PB (50m pool): 05:44.14 Ottignies Louvain-La-Neuve 07/06/2026							PB (25m pool): 06:27.03 SB: 05:44.14 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	00:40.26	01:23.79	02:07.99	02:51.33	03:35.17	04:19.03	05:02.94	05:44.14
	00:40.26	00:43.53	00:44.20	00:43.34	00:43.84	00:43.86	00:43.91	00:41.20
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:34	
Heat: 3/12 Lane : 8 Athlete: GUO CHARLIE							Q-time: 05:39:74	
PB (50m pool): 05:39.74 Ottignies Louvain-La-Neuve 07/06/2026							PB (25m pool): 06:15.43 SB: 05:39.74 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	00:37.34	01:20.37	02:04.62	02:49.21	03:33.35	04:17.62	05:00.53	05:39.74
	00:37.34	00:43.03	00:44.25	00:44.59	00:44.14	00:44.27	00:42.91	00:39.21
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:6, starttime: 17:45	
Heat: 6/15 Lane : 1 Athlete: DZENE ANNIKA						Q-time: 01:16:42		
PB (50m pool): 01:16.42 Antwerpen 20/07/2025							PB (25m pool): 01:13.54SB: 01:22.17 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M						
PB	00:37.19	01:16.42						
	00:37.19	00:39.23						
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:10, starttime: 17:54	
Heat: 10/15 Lane : 5 Athlete: ZHUKOVA MARIA						Q-time: 01:14:20		
PB (50m pool): 01:14.20 Antwerpen 19/04/2026							PB (25m pool): 01:20.94 SB: 01:14.20 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M						
PB	00:36.41	01:14.20						
	00:36.41	00:37.79						
								

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 13-14										Heat:4, starttime: 18:12																																																																										
Heat: 4/6															Lane : 5															Athlete: GUO LOUIS															Q-time: 01:08:67																																							
PB (50m pool): 01:08.88															Antwerpen															19/04/2026															PB (25m pool): 01:12.35										SB: 01:08.88										Antwerpen										19/04/2026									
		5 0 M					1 0 0 M																																																																													
PB		00:32.30					01:08.88																																																																													
		00:32.30					00:36.58																																																																													
																																																																																				

Coach feedback:

Event number: 15: 4x100M FREESTYLE WOMEN 13-14							Heat:1, starttime: 18:38	
Heat: 1/3 Lane : 5 Athlete: TEAM CNSW 1							Q-time: 04:38:26	
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: 16: 4x100M FREESTYLE MEN 11-12							Heat:2, starttime: 18:59	
Heat: 2/2 Lane : 1 Athlete: TEAM CNSW 5							Q-time: 04:58:58	
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: