

CB-BK WE1 2026: Session: 3: 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: 18: 200M BREASTSTROKE MEN 13-14					Heat:3, starttime: 09:44
Heat: 3/8 Lane : 6 Athlete: MAJED MALEK					Q-time: 03:02:13
PB (50m pool): 03:02.13 Eindhoven 10/05/2026					PB (25m pool): no time SB: 03:02.13 Eindhoven 10/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.82	01:29.13	02:16.03	03:02.13	
	00:41.82	00:47.31	00:46.90	00:46.10	
					

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:3, starttime: 09:44
Heat: 3/8 Lane : 7 Athlete: SOUTHWORTH BARNABY					Q-time: 03:03:05
PB (50m pool): 03:03.05 Ottignies Louvain-La-Neuve 07/06/2026					PB (25m pool): no time SB: 03:03.05 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.99	01:27.55	02:15.33	03:03.05	
	00:40.99	00:46.56	00:47.78	00:47.72	
					

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:7, starttime: 09:58
Heat: 7/8 Lane : 6 Athlete: OURAGHI WASSIM					Q-time: 02:48:03
PB (50m pool): 02:56.17 Eindhoven 22/03/2026					PB (25m pool): 02:59.79 SB: 02:56.17 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.76	01:25.99	02:11.48	02:56.17	
	00:40.76	00:45.23	00:45.49	00:44.69	
					

Coach feedback:

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Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:8, starttime: 10:01
Heat: 8/8 Lane : 7 Athlete: EVERSONAS PAULIUS					Q-time: 02:41:82
PB (50m pool): 02:41.82 Eindhoven 22/03/2026			PB (25m pool): 02:54.16 SB: 02:41.82 Eindhoven 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.56	01:18.45	02:00.50	02:41.82	
	00:36.56	00:41.89	00:42.05	00:41.32	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12					Heat:2, starttime: 10:08
Heat: 2/20 Lane : 5 Athlete: VOJTOVA JULIA					Q-time: 01:35:63
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: 19: 100M BACKSTROKE WOMEN 11-12					Heat:17, starttime: 10:45
Heat: 17/20 Lane : 7 Athlete: ORPHANIDES ALEXIA					Q-time: 01:20:55
PB (50m pool): 01:20.55 Antwerpen 19/04/2026			PB (25m pool): 01:24.09 SB: 01:20.55 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M			
PB	00:38.43	01:20.55			
	00:38.43	00:42.12			
					

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:3, starttime: 11:01
Heat: 3/12 Lane : 8 Athlete: FLOURAKIS THÉO					Q-time: 03:05:87
PB (50m pool): 03:05.87 Antwerpen 19/04/2026			PB (25m pool): no time SB: 03:05.87 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.24	01:31.63	02:25.07	03:05.87	
	00:43.24	00:48.39	00:53.44	00:40.80	
					

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 11-12					Heat:4, starttime: 11:05
Heat: 4/12 Lane : 4 Athlete: GUO CHARLIE					Q-time: 03:00:24
PB (50m pool): 03:00.24 Seraing 14/05/2026					PB (25m pool): no time SB: 03:00.24 Seraing 14/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.11	01:27.30	02:22.03	03:00.24	
	00:41.11	00:46.19	00:54.73	00:38.21	
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14					Heat:1, starttime: 11:36
Heat: 1/9 Lane : 6 Athlete: OZER NEHIR					Q-time: 01:27:56
PB (50m pool): 01:27.56 Antwerpen 20/07/2025					PB (25m pool): 01:33.93 SB: 01:30.19 Ottignies Louvain-La-Neuve 07/06/2025
	5 0 M	1 0 0 M			
PB	00:41.90	01:27.56			
	00:41.90	00:45.66			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 13:13
Heat: 6/15 Lane : 3 Athlete: ZHUKOVA MARIA					Q-time: 02:43:97
PB (50m pool): 02:43.97 La Louvière 08/02/2026					PB (25m pool): 02:52.18 SB: 02:43.97 La Louvière 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.88	01:21.39	02:03.67	02:43.97	
	00:39.88	00:41.51	00:42.28	00:40.30	
					

Coach feedback: