

CB-BK WE1 2026: Session: 3: COACH evaluation sheet for TEAM: ESN

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: David Tiffany

Coaches: Maka Emilie

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:5, starttime: 08:52

Heat: 5/12 Lane : 3 Athlete: TOUSSAINT ANAELLE							Q-time: 05:02:80	
PB (50m pool): 05:18.66 La Louvière 08/02/2026				PB (25m pool): 05:44.76 SB: 05:18.66 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	00:35.61	01:14.30	01:54.42	02:34.13	03:15.87	03:56.62	04:38.61	05:18.66
	00:35.61	00:38.69	00:40.12	00:39.71	00:41.74	00:40.75	00:41.99	00:40.05
								

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14 Heat:6, starttime: 09:54

Heat: 6/8 Lane : 6 Athlete: ZAMBITO MIRKO							Q-time: 02:52:81	
PB (50m pool): 03:04.49 Seraing 22/03/2026				PB (25m pool): 02:58.06 SB: 03:04.49 Seraing 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:41.90	01:28.65	02:17.54	03:04.49				
	00:41.90	00:46.75	00:48.89	00:46.95				
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12 Heat:5, starttime: 10:15

Heat: 5/20 Lane : 4 Athlete: GARCIA GARCIA CASSANDRA							Q-time: 01:31:07	
PB (50m pool): 01:36.97 Seraing 07/12/2025				PB (25m pool): 01:34.45SB: 01:36.97 Seraing 07/12/2025				
	5 0 M	1 0 0 M						
PB	00:46.00	01:36.97						
	00:46.00	00:50.97						
								

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 11-12					Heat:10, starttime: 11:25
Heat: 10/12 Lane : 1 Athlete: GILLES TIMÉO					Q-time: 02:48:61
PB (50m pool): 02:50.99 Seraing 22/03/2026					PB (25m pool): 02:48.61 SB: 02:50.99 Seraing 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.40	01:23.64	02:13.05	02:50.99	
	00:39.40	00:44.24	00:49.41	00:37.94	
					

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14							Heat:2, starttime: 12:14	
Heat: 2/3 Lane : 7 Athlete: ZAMBITO MIRKO							Q-time: 19:12:01	
PB (50m pool): 19:41.23 Seraing 07/12/2025			PB (25m pool): no time SB: 19:41.23 Seraing 07/12/2025					
	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	00:35.21	01:14.97	01:54.50	02:33.99	03:13.49	03:52.56	04:32.21	05:11.41
	00:35.21	00:39.76	00:39.53	00:39.49	00:39.50	00:39.07	00:39.65	00:39.20
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:50.89	06:30.06	07:09.51	07:48.82	08:28.12	09:06.51	09:46.31	10:25.28
	00:39.48	00:39.17	00:39.45	00:39.31	00:39.30	00:38.39	00:39.80	00:38.97
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	11:04.23	11:44.04	12:23.10	13:02.56	13:42.37	14:22.27	15:02.57	15:42.71
	00:38.95	00:39.81	00:39.06	00:39.46	00:39.81	00:39.90	00:40.30	00:40.14
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	16:22.59	17:02.88	17:43.10	18:22.21	19:02.68	19:41.23	
	00:39.88	00:40.29	00:40.22	00:39.11	00:40.47	00:38.55	
							

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 12:54
Heat: 1/15 Lane : 5 Athlete: GABRIELE MARIE					Q-time: 02:48:39
PB (50m pool): 02:53.10 La Louvière 08/02/2026					PB (25m pool): 02:48.39 SB: 02:53.10 La Louvière 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.17	01:25.21	02:09.55	02:53.10	
	00:41.17	00:44.04	00:44.34	00:43.55	
					

Coach feedback: