

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

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

Coaches: TILMAN Eric

Coaches: DELEPLANQUE Xavier

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:4, starttime: 08:47	
Heat: 4/12 Lane : 2 Athlete: HAVELANGE OCéANE							Q-time: 05:03:81	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:6, starttime: 08:58	
Heat: 6/12 Lane : 7 Athlete: ROUDOMETKINA KSENIA							Q-time: 05:01:69	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12							Heat:17, starttime: 10:45	
Heat: 17/20 Lane : 6 Athlete: DJEMAL LILIA							Q-time: 01:20:33	
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:

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Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:3, starttime: 11:40	
Heat: 3/9 Lane : 3 Athlete: HAVELANGE OCéANE				Q-time: 01:25:09	
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: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:4, starttime: 11:42	
Heat: 4/9 Lane : 3 Athlete: DELEPLANQUE ERIN				Q-time: 01:24:47	
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: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:4, starttime: 11:42	
Heat: 4/9 Lane : 6 Athlete: ROUDOMETKINA KSENIA				Q-time: 01:24:47	
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			
	<i>no time</i>				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 13:09	
Heat: 5/15 Lane : 1 Athlete: HAVELANGE OCéANE					Q-time: 02:44:89	
PB (50m pool): no time					PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	no time		
	no time					
						

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:11, starttime: 13:31
Heat: 11/15 Lane : 4 Athlete: ROUDOMETKINA KSENIA					Q-time: 02:38:75
PB (50m pool): no time					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback: