

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

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

Coaches: Dethier Emerick

Coaches: Braham Kevin

Coaches: Wlodarczyk Yves

Coaches: Defraigne Claris HEADCOACH

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

| Event number: 17: 400M FREESTYLE WOMEN 13-14                |                |           |                                       |           |           |           | Heat:2, starttime: 08:36 |           |
|-------------------------------------------------------------|----------------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/12    Lane : 4    Athlete: BARDI SAM-GIAO GABRIELLE |                |           |                                       |           |           |           | Q-time: 05:05:17         |           |
| 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:12, starttime: 09:3 |           |
|--------------------------------------------------|----------------|-----------|--------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 12/12   Lane : 4   Athlete: LA PLACA LIVIA |                |           |                                      |           |           |           | Q-time: 04:33:92         |           |
| 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:13, starttime: 10:35 |  |
|------------------------------------------------|-----------|--|-----------|--|--------------------------------------|--|--|--|--|---------------------------|--|
| Heat: 13/20   Lane : 7   Athlete: GOFFART LOLA |           |  |           |  |                                      |  |  |  |  | Q-time: 01:24:91          |  |
| 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: 19: 100M BACKSTROKE WOMEN 11-12        |         |                                    |  | Heat:14, starttime: 10:38 |
|------------------------------------------------------|---------|------------------------------------|--|---------------------------|
| Heat: 50/20 Lane : 5 Athlete: LECOMTE CAMARA CAMILLE |         |                                    |  | Q-time: 01:22:99          |
| 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:19, starttime: 10:49 |
|-----------------------------------------------|---------|------------------------------------|--|---------------------------|
| Heat: 19/20 Lane : 2 Athlete: ROENEN ZO       |         |                                    |  | Q-time: 01:17:18          |
| 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: 20: 200M MEDLEY MEN 11-12      |         |                                    |         |         | Heat:8, starttime: 11:19 |
|----------------------------------------------|---------|------------------------------------|---------|---------|--------------------------|
| Heat: 8/12 Lane : 1 Athlete: CHRISTIAENS TOM |         |                                    |         |         | Q-time: 02:53:16         |
| 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:

| Event number: 20: 200M MEDLEY MEN 11-12           |         |                                    |         |         | Heat:11, starttime: 11:29 |
|---------------------------------------------------|---------|------------------------------------|---------|---------|---------------------------|
| Heat: 11/12 Lane : 5 Athlete: ESPESO ORBAN THOMAS |         |                                    |         |         | Q-time: 02:43:08          |
| 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: 21: 100M BREASTSTROKE WOMEN 13-14 |         |         | Heat:6, starttime: 11:45           |
| Heat: 6/9 Lane : 6 Athlete: RINKIN VALENTINE    |         |         | Q-time: 01:23:31                   |
| 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: 22: 1500M FREESTYLE MEN 13-14     |           |           |           |           |           | Heat:1, starttime: 11:53           |           |           |
| Heat: 1/3 Lane : 3 Athlete: GUILLEAUME JEREMIAH |           |           |           |           |           | Q-time: 19:34:30                   |           |           |
| 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   |
|                                                 | no time   |           |           |           |           |                                    |           |           |
|                                                 | .....     | .....     | .....     | .....     | .....     | .....                              | .....     | .....     |
|                                                 | 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                                              | no time   | no time   | no time   | no time   | no time   | no time                            | no time   | no time   |
|                                                 |           |           |           |           |           |                                    |           |           |
|                                                 | .....     | .....     | .....     | .....     | .....     | .....                              | .....     | .....     |
|                                                 | 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                                              | no time   | no time   | no time   | no time   | no time   | no time                            | no time   | no time   |
|                                                 |           |           |           |           |           |                                    |           |           |
|                                                 | .....     | .....     | .....     | .....     | .....     | .....                              | .....     | .....     |
|                                                 | 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                                              | no time   | 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:6, starttime: 13:13 |
|-----------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 6/15 Lane : 8 Athlete: BARDI SAM-GIAO GABRIELLE     |         |         |         |         | Q-time: 02:44:44         |
| 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:

| Event number: 23: 200M BACKSTROKE WOMEN 13-14             |         |         |         |         | Heat:10, starttime: 13:27 |
|-----------------------------------------------------------|---------|---------|---------|---------|---------------------------|
| Heat: 10/15 Lane : 4 Athlete: RINKIN VALENTINE            |         |         |         |         | Q-time: 02:39:94          |
| 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:

| Event number: 23: 200M BACKSTROKE WOMEN 13-14             |         |         |         |         | Heat:15, starttime: 13:46 |
|-----------------------------------------------------------|---------|---------|---------|---------|---------------------------|
| Heat: 15/15 Lane : 7 Athlete: VANROYEN JADE               |         |         |         |         | Q-time: 02:32:21          |
| 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: