

CB-BK WE1 2026: Session: 5: 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: 32: 400M FREESTYLE MEN 13-14 **Heat:7, starttime: 09:03**

Heat: 7/9 Lane : 5 Athlete: ZAMBITO MIRKO **Q-time: 04:43:71**

PB (50m pool): 04:54.93 La Louvière 08/02/2026 **PB (25m pool): 05:29.85 SB: 04:54.93 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	00:33.00	01:10.63	01:48.16	02:25.76	03:03.63	03:40.55	04:18.14	04:54.93
	00:33.00	00:37.63	00:37.53	00:37.60	00:37.87	00:36.92	00:37.59	00:36.79
								

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12 **Heat:10, starttime: 10:10**

Heat: 10/11 Lane : 3 Athlete: GILLES TIMÉO **Q-time: 01:17:81**

PB (50m pool): 01:17.81 Seraing 22/03/2026 **PB (25m pool): 01:19.43 SB: 01:17.81 Seraing 22/03/2026**

	5 0 M	1 0 0 M	
PB	00:37.39	01:17.81	
	00:37.39	00:40.42	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12 **Heat:5, starttime: 10:22**

Heat: 5/20 Lane : 7 Athlete: GARCIA GARCIA CASSANDRA **Q-time: 01:18:77**

PB (50m pool): 01:20.46 Seraing 22/03/2026 **PB (25m pool): 01:20.81 SB: 01:20.46 Seraing 22/03/2026**

	5 0 M	1 0 0 M	
PB	00:38.47	01:20.46	
	00:38.47	00:41.99	
			

Coach feedback: