

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: DM

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

Coaches: Billet Francois

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:4, starttime: 08:46	
Heat: 4/5 Lane : 7 Athlete: VANDAMME LOUNA							Q-time: 04:39:10	
PB (50m pool): 04:40.09 Antwerpen 20/07/2025			PB (25m pool): 04:43.32SB: 04:40.93 Charleroi 15/02/2026					
	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	00:31.70	01:06.66	01:42.88	02:18.95	02:54.92	03:30.75	04:06.15	04:40.09
	00:31.70	00:34.96	00:36.22	00:36.07	00:35.97	00:35.83	00:35.40	00:33.94
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+							Heat:6, starttime: 09:04	
Heat: 6/12 Lane : 1 Athlete: REMMERIE JONAS							Q-time: 01:01:84	
PB (50m pool): 01:01.84 MOUSCRON 25/05/2026				PB (25m pool): 01:06.32SB: 01:01.84 MOUSCRON 25/05/2026				
	5 0 M	1 0 0 M						
PB	00:28.78	01:01.84						
	00:28.78	00:33.06						
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+										Heat:10, starttime: 09:11	
Heat: 10/12 Lane : 4 Athlete: VANDAMME HUGO										Q-time: 00:55:70	
PB (50m pool): 00:55.70 Antwerpen 17/05/2026					PB (25m pool): 00:55.63SB: 00:55.70 Antwerpen 17/05/2026						
	5 0 M		1 0 0 M								
PB	00:25.82		00:55.70								
	00:25.82		00:29.88								
											

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:3, starttime: 09:19	
Heat: 3/16 Lane : 6 Athlete: PRIOUX MAÉLIE										Q-time: 00:34:69	
PB (50m pool): no time					PB (25m pool): no time					SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:10, starttime: 09:30																			
Heat: 10/16 Lane : 8 Athlete: ABDELMOUMEN NISRINE																				Q-time: 00:33:23									
PB (50m pool): 00:33.28 Charleroi 15/02/2026										PB (25m pool): 00:32.18SB: 00:33.28 Charleroi 15/02/2026																			
	5 0 M																												
PB	00:33.28																												
	00:33.28																												
																													

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18						Heat:5, starttime: 10:03		
Heat: 5/5 Lane : 2 Athlete: EMARA NAEL						Q-time: 04:48:89		
PB (50m pool): 04:48.89 Charleroi 15/02/2026			PB (25m pool): 05:07.39			SB: 04:48.89 Charleroi 15/02/2026		
	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	00:31.52	01:06.98	01:46.04	02:23.09	03:02.58	03:41.12	04:16.08	04:48.89
	00:31.52	00:35.46	00:39.06	00:37.05	00:39.49	00:38.54	00:34.96	00:32.81
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+						Heat:6, starttime: 10:58	
Heat: 6/10 Lane : 3 Athlete: SOBRIE GAUTIER						Q-time: 02:20:52	
PB (50m pool): 02:20.52 Charleroi 19/10/2025				PB (25m pool): no time SB: 02:20.52 Charleroi 19/10/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:32.57	01:08.61	01:45.51	02:20.52			
	00:32.57	00:36.04	00:36.90	00:35.01			
							

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 11:39
Heat: 8/12 Lane : 7 Athlete: REMMERIE JONAS			Q-time: 01:10:94
PB (50m pool): 01:10.94 Antwerpen 27/07/2025			PB (25m pool): 01:13.24 SB: 01:11.18 Charleroi 19/10/2025
	5 0 M	1 0 0 M	
PB	00:33.46	01:10.94	
	00:33.46	00:37.48	
			

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:11, starttime: 11:44
Heat: 11/12 Lane : 1 Athlete: EMARA NAEL			Q-time: 01:09:05
PB (50m pool): 01:09.05 Antwerpen 17/05/2026			PB (25m pool): 01:14.66 SB: 01:09.05 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:32.88	01:09.05	
	00:32.88	00:36.17	
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+			Heat:7, starttime: 11:54
Heat: 7/13 Lane : 5 Athlete: ABDELMOUMEN NISRINE			Q-time: 00:28:31
PB (50m pool): 00:28.31 MOUSCRON 25/05/2026			PB (25m pool): 00:29.49 SB: 00:28.31 MOUSCRON 25/05/2026
	5 0 M		
PB	00:28.31		
	00:28.31		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:15, starttime: 12:14
Heat: 15/15 Lane : 8 Athlete: VANDAMME HUGO			Q-time: 00:24:42
PB (50m pool): 00:24.42 MOUSCRON 25/05/2026			PB (25m pool): 00:24.03 SB: 00:24.42 MOUSCRON 25/05/2026
	5 0 M		
PB	00:24.42		
	00:24.42		
			

Coach feedback: