

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

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

Coaches: Bonvoisin Ann HEADCOACH

Coaches: Wégria Bernard

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 : 2 Athlete: ABDELKHALEK LINA

Q-time: 04:35:29

PB (50m pool): 04:40.29 Charleroi 15/02/2026

PB (25m pool): 04:46.50 SB: 04:40.29 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	00:32.48	01:07.00	01:42.78	02:18.48	02:54.22	03:29.98	04:05.50	04:40.29
	00:32.48	00:34.52	00:35.78	00:35.70	00:35.74	00:35.76	00:35.52	00:34.79
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18

Heat:4, starttime: 09:58

Heat: 4/5 Lane : 1 Athlete: COUNARD MATéo

Q-time: 05:02:58

PB (50m pool): 05:02.58 Charleroi 15/02/2026

PB (25m pool): 05:02.37 SB: 05:02.58 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	00:31.64	01:08.58	01:47.61	02:26.95	03:10.02	03:54.86	04:29.87	05:02.58
	00:31.64	00:36.94	00:39.03	00:39.34	00:43.07	00:44.84	00:35.01	00:32.71
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18

Heat:4, starttime: 09:58

Heat: 4/5 Lane : 7 Athlete: JAENEN PER

Q-time: 05:02:12

PB (50m pool): 05:02.12 Charleroi 15/02/2026

PB (25m pool): 05:17.59 SB: 05:02.12 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	00:32.52	01:09.35	01:48.04	02:25.43	03:09.93	03:52.46	04:28.10	05:02.12
	00:32.52	00:36.83	00:38.69	00:37.39	00:44.50	00:42.53	00:35.64	00:34.02
								

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:7, starttime: 11:01
Heat: 7/10 Lane : 7 Athlete: CHAU DUARTE					Q-time: 02:19:38
PB (50m pool): 02:19.38 Seraing 22/03/2026			PB (25m pool): 02:23.22 SB: 02:19.38 Seraing 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.73	01:08.07	01:44.29	02:19.38	
	00:32.73	00:35.34	00:36.22	00:35.09	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:2, starttime: 11:17
Heat: 2/4 Lane : 5 Athlete: ABDELKHALEK LINA					Q-time: 02:25:57
PB (50m pool): 02:27.79 Antwerpen 17/05/2026			PB (25m pool): 02:34.10 SB: 02:27.79 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.87	01:11.24	01:49.61	02:27.79	
	00:32.87	00:38.37	00:38.37	00:38.18	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 11:29
Heat: 2/12 Lane : 4 Athlete: JAENEN PER					Q-time: 01:15:15
PB (50m pool): 01:15.15 Seraing 22/03/2026			PB (25m pool): 01:12.90 SB: 01:15.15 Seraing 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:36.03	01:15.15			
	00:36.03	00:39.12			
					

Coach feedback:

Event number: 12: 1500M FREESTYLE MEN 15-16								Heat:2, starttime: 13:01
Heat: 2/2 Lane : 2 Athlete: COUNARD MATéo								Q-time: 17:20:25
PB (50m pool): 17:20.25 Antwerpen 27/07/2025				PB (25m pool): 17:17.25 SB: 17:33.11 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	00:31.61	01:04.85	01:39.00	02:13.05	02:47.89	03:22.25	03:56.88	04:31.16
	00:31.61	00:33.24	00:34.15	00:34.05	00:34.84	00:34.36	00:34.63	00:34.28
								

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	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	05:05.83	05:39.83	06:14.73	06:49.05	07:23.95	07:58.87	08:33.90	09:08.89
	00:34.67	00:34.00	00:34.90	00:34.32	00:34.90	00:34.92	00:35.03	00:34.99
								

	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	09:43.77	10:18.40	10:53.66	11:29.07	12:04.42	12:39.66	13:15.40	13:50.79
	00:34.88	00:34.63	00:35.26	00:35.41	00:35.35	00:35.24	00:35.74	00:35.39
								

	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	14:26.58	15:00.97	15:35.27	16:10.54	16:45.34	17:20.25	
	00:35.79	00:34.39	00:34.30	00:35.27	00:34.80	00:34.91	
							

Coach feedback: