

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: CNSW

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

Coaches: Gueret Aurore HEADCOACH

Coaches: Collard Nicolas

Coaches: Blondeel Nathalie

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18								Heat:1, starttime: 08:30
Heat: 1/5 Lane : 2 Athlete: MELIS AUGUSTIN								Q-time: 04:35:31
PB (50m pool): 04:35.31 MOUSCRON 25/05/2026				PB (25m pool): no time SB: 04:35.31 MOUSCRON 25/05/2026				
	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	00:30.17	01:04.11	01:38.99	02:14.38	02:49.12	03:24.91	04:00.39	04:35.31
	00:30.17	00:33.94	00:34.88	00:35.39	00:34.74	00:35.79	00:35.48	00:34.92
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18								Heat:1, starttime: 08:55
Heat: 1/5 Lane : 7 Athlete: RENAUD ALVA								Q-time: 05:39:72
PB (50m pool): 05:39.72 Antwerpen 27/07/2025				PB (25m pool): 05:35.71 SB: 05:44.09 Eindhoven 22/03/2026				
	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	00:36.92	01:20.95	02:07.23	02:51.82	03:38.18	04:25.84	05:04.67	05:39.72
	00:36.92	00:44.03	00:46.28	00:44.59	00:46.36	00:47.66	00:38.83	00:35.05
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+							Heat:2, starttime: 09:27	
Heat: 2/13 Lane : 6 Athlete: CARDACI ENZO							Q-time: 00:31:04	
PB (50m pool): 00:31.04 Eindhoven 22/03/2026							PB (25m pool): no time SB: 00:31.04 Eindhoven 22/03/2026	
	5 0 M							
PB	00:31.04							
	00:31.04							
								

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+			Heat:7, starttime: 09:35
Heat: 7/13 Lane : 3 Athlete: WATERLOT STEENWERCK OSCAR			Q-time: 00:29:76
PB (50m pool): 00:29.76 Ottignies Louvain-La-Neuve 07/06/2026			PB (25m pool): 00:30.18 SB: 00:29.76 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M		
PB	00:29.76		
	00:29.76		
			

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:7, starttime: 09:35
Heat: 7/13 Lane : 8 Athlete: MACHALE LIAM			Q-time: 00:29:84
PB (50m pool): 00:29.84 Eindhoven 16/03/2025			PB (25m pool): 00:29.77 SB: 00:29.90 Antwerpen 17/05/2026
	5 0 M		
PB	00:29.84		
	00:29.84		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 10:33
Heat: 3/12 Lane : 6 Athlete: BESO CLARA			Q-time: 01:13:30
PB (50m pool): 01:12.99 Antwerpen 20/07/2025			PB (25m pool): 01:11.15 SB: 01:14.33 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.99	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:8, starttime: 10:44
Heat: 8/12 Lane : 3 Athlete: XENOU VIRGINIA			Q-time: 01:10:05
PB (50m pool): 01:10.05 MOUSCRON 25/05/2026			PB (25m pool): 01:09.58 SB: 01:10.05 MOUSCRON 25/05/2026
	5 0 M	1 0 0 M	
PB	00:34.54	01:10.05	
	00:34.54	00:35.51	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:9, starttime: 10:46
Heat: 9/12 Lane : 1 Athlete: MACHALE JULIA			Q-time: 01:09:50
PB (50m pool): 01:09.17 Antwerpen 21/04/2024			PB (25m pool): 01:06.14 SB: 01:09.50 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:09.17	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:12, starttime: 10:53
Heat: 12/12 Lane : 3 Athlete: GRIES LAURE			Q-time: 01:06:14
PB (50m pool): 01:06.14 Antwerpen 27/07/2025			PB (25m pool): 01:04.02 SB: 01:07.73 Charleroi 15/02/2026
	5 0 M	1 0 0 M	
PB	00:31.88	01:06.14	
	00:31.88	00:34.26	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:2, starttime: 10:56
Heat: 2/22 Lane : 8 Athlete: CARDACI ENZO			Q-time: 00:59:90
PB (50m pool): 00:59.90 Charleroi 15/02/2026			PB (25m pool): no time SB: 00:59.90 Charleroi 15/02/2026
	5 0 M	1 0 0 M	
PB	00:28.80	00:59.90	
	00:28.80	00:31.10	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:3, starttime: 10:58
Heat: 3/22 Lane : 7 Athlete: MELIS AUGUSTIN			Q-time: 00:59:49
PB (50m pool): 00:59.49 Antwerpen 19/04/2026			PB (25m pool): no time SB: 00:59.49 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.97	00:59.49	
	00:28.97	00:30.52	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:3, starttime: 10:58
Heat: 3/22 Lane : 8 Athlete: GARCIA THOMAS			Q-time: 00:59:69
PB (50m pool): 00:59.69 Ottignies Louvain-La-Neuve 07/06/2026			PB (25m pool): 00:59.59 SB: 00:59.69 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	
PB	00:28.52	00:59.69	
	00:28.52	00:31.17	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:14, starttime: 11:14
Heat: 14/22 Lane : 6 Athlete: DA CONCEICAO SOUSA LUIS GABRIE			Q-time: 00:56:04
PB (50m pool): 00:54.80 Antwerpen 27/07/2025			PB (25m pool): 00:54.55 SB: 00:56.44 Charleroi 15/02/2026
	5 0 M	1 0 0 M	
PB	no time	00:54.80	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:15, starttime: 11:15
Heat: 15/22 Lane : 8 Athlete: MORIAU PIERRICK			Q-time: 00:55:98
PB (50m pool): 00:55.98 Antwerpen 27/07/2025			PB (25m pool): 00:55.40 SB: 00:57.70 Charleroi 15/02/2026
	5 0 M	1 0 0 M	
PB	00:26.71	00:55.98	
	00:26.71	00:29.27	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:19, starttime: 11:21
Heat: 19/22 Lane : 5 Athlete: MORIAU THIBAUT			Q-time: 00:53:85
PB (50m pool): 00:53.85 Antwerpen 17/05/2026			PB (25m pool): 00:53.29 SB: 00:53.85 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:26.25	00:53.85	
	00:26.25	00:27.60	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:5, starttime: 11:35
Heat: 5/11 Lane : 2 Athlete: SCHOEMANS ALICE			Q-time: 01:20:69
PB (50m pool): 01:20.69 Antwerpen 27/07/2025			PB (25m pool): no time SB: 01:21.69 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	
PB	00:37.52	01:20.69	
	00:37.52	00:43.17	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:5, starttime: 11:35
Heat: 5/11 Lane : 4 Athlete: RENAUD ALVA			Q-time: 01:20:34
PB (50m pool): 01:20.34 Charleroi 16/02/2025			PB (25m pool): 01:19.01 SB: 01:21.32 Charleroi 15/02/2026
	5 0 M	1 0 0 M	
PB	00:37.83	01:20.34	
	00:37.83	00:42.51	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:8, starttime: 11:40
Heat: 8/11 Lane : 4 Athlete: COLINET CHARLOTTE			Q-time: 01:16:95
PB (50m pool): 01:16.95 Antwerpen 27/07/2025			PB (25m pool): 01:15.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.24	01:16.95	
	00:36.24	00:40.71	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:10, starttime: 11:44
Heat: 10/11 Lane : 3 Athlete: COLINET MANON			Q-time: 01:13:40
PB (50m pool): 01:13.40 Antwerpen 27/07/2025			PB (25m pool): 01:12.30 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.16	01:13.40	
	00:34.16	00:39.24	
			

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:1, starttime: 11:48		
Heat: 1/12 Lane : 6 Athlete: PAKER EREN			Q-time: 00:34:83		
PB (50m pool): 00:34.83 Antwerpen 19/04/2026			PB (25m pool): 00:34.61 SB: 00:34.83 Antwerpen 19/04/2026		
	5 0 M				
PB	00:34.83				
	00:34.83				
					

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:5, starttime: 11:52		
Heat: 5/12 Lane : 2 Athlete: MORIAU THIBAUT			Q-time: 00:32:64		
PB (50m pool): 00:32.64 Ottignies Louvain-La-Neuve 07/06/2026			PB (25m pool): 00:31.07 SB: 00:32.64 Ottignies Louvain-La-Neuve 07/06/2026		
	5 0 M				
PB	00:32.64				
	00:32.64				
					

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:12, starttime: 12:00		
Heat: 12/12 Lane : 8 Athlete: EVERSONAS JONAS			Q-time: 00:31:23		
PB (50m pool): 00:31.23 Charleroi 15/02/2026			PB (25m pool): 00:30.58 SB: 00:31.23 Charleroi 15/02/2026		
	5 0 M				
PB	00:31.23				
	00:31.23				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:8, starttime: 12:08		
Heat: 8/17 Lane : 2 Athlete: ZIPPER EVY			Q-time: 00:31:14		
PB (50m pool): 00:31.14 Antwerpen 27/07/2025			PB (25m pool): 00:30.86 SB: 00:31.82 Eindhoven 22/03/2026		
	5 0 M				
PB	00:31.14				
	00:31.14				
					

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:11, starttime: 12:11	
Heat: 11/17 Lane : 8 Athlete: GRIES LAURE				Q-time: 00:30:72	
PB (50m pool): 00:29.83 Antwerpen 28/07/2024				PB (25m pool): 00:29.42 SB: 00:31.28 Charleroi 15/02/2026	
	5 0 M				
PB	00:29.83				
	00:29.83				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:14, starttime: 12:14	
Heat: 14/17 Lane : 2 Athlete: XENOU VIRGINIA				Q-time: 00:29:77	
PB (50m pool): 00:29.77 MOUSCRON 25/05/2026				PB (25m pool): 00:29.98 SB: 00:29.77 MOUSCRON 25/05/2026	
	5 0 M				
PB	00:29.77				
	00:29.77				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:2, starttime: 12:22	
Heat: 2/19 Lane : 5 Athlete: GARCIA THOMAS				Q-time: 02:30:47	
PB (50m pool): 02:30.47 MOUSCRON 25/05/2026				PB (25m pool): no time SB: 02:30.47 MOUSCRON 25/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.52	01:10.46	01:55.13	02:30.47	
	00:30.52	00:39.94	00:44.67	00:35.34	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:3, starttime: 12:25	
Heat: 3/19 Lane : 8 Athlete: ROBBA ENRICO				Q-time: 02:30:01	
PB (50m pool): 02:30.01 Eindhoven 22/03/2026				PB (25m pool): no time SB: 02:30.01 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.08	01:12.24	01:55.68	02:30.01	
	00:32.08	00:40.16	00:43.44	00:34.33	
					

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+				Heat:17, starttime: 13:06	
Heat: 17/19 Lane : 7 Athlete: EVERSONAS JONAS				Q-time: 02:15:96	
PB (50m pool): 02:15.96 Antwerpen 17/05/2026				PB (25m pool): 02:19.42 SB: 02:15.96 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.00	01:06.49	01:42.80	02:15.96	
	00:29.00	00:37.49	00:36.31	00:33.16	
					

Coach feedback: