

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

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

Coaches: Maka Nicolas HEADCOACH

Coaches: Libert Christophe

Coaches: Hintzen (Maka E) Christelle

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 : 4 Athlete: MAKANICOLAS								Q-time: 04:32:22
PB (50m pool): 04:32.22 Charleroi 24/05/2026				PB (25m pool): 04:37.32 SB: 04:32.22 Charleroi 24/05/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:31.12	01:05.48	01:40.31	02:15.20	02:49.94	03:24.94	03:59.34	04:32.22
	00:31.12	00:34.36	00:34.83	00:34.89	00:34.74	00:35.00	00:34.40	00:32.88
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+							Heat:2, starttime: 09:27	
Heat: 2/13 Lane : 4 Athlete: LIBERT TIMOTHE							Q-time: 00:30:80	
PB (50m pool): 00:30.80 Seraing 22/03/2026				PB (25m pool): 00:29.74SB: 00:30.80 Seraing 22/03/2026				
	5 0 M							
PB	00:30.80							
	00:30.80							
								

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+							Heat:5, starttime: 11:01	
Heat: 5/22 Lane : 5 Athlete: LIBERT TIMOTHE							Q-time: 00:58:13	
PB (50m pool): 00:58.13 Seraing 22/03/2026				PB (25m pool): 00:57.38SB: 00:58.13 Seraing 22/03/2026				
	5 0 M	1 0 0 M						
PB	00:27.84	00:58.13						
	00:27.84	00:30.29						
								

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+				Heat:7, starttime: 11:54	
Heat: 7/12 Lane : 1 Athlete: MAKANICOLAS				Q-time: 00:32:32	
PB (50m pool): 00:32.32 Seraing 22/03/2026				PB (25m pool): 00:32.71 SB: 00:32.32 Seraing 22/03/2026	
	50 M				
PB	00:32.32				
	00:32.32				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:6, starttime: 12:34	
Heat: 6/19 Lane : 6 Athlete: LIBERTTIMOTHE					Q-time: 02:26:77	
PB (50m pool): 02:26.77 Seraing 25/01/2026					PB (25m pool): 02:47.58 SB: 02:26.77 Seraing 25/01/2026	
	50 M	100 M	150 M	200 M		
PB	00:30.14	01:08.66	01:54.59	02:26.77		
	00:30.14	00:38.52	00:45.93	00:32.18		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:8, starttime: 12:40	
Heat: 8/19 Lane : 5 Athlete: MAKANICOLAS					Q-time: 02:24:65	
PB (50m pool): 02:24.65 Seraing 22/03/2026					PB (25m pool): 02:28.11 SB: 02:24.65 Seraing 22/03/2026	
	50 M	100 M	150 M	200 M		
PB	00:31.16	01:11.54	01:52.43	02:24.65		
	00:31.16	00:40.38	00:40.89	00:32.22		
						

Coach feedback: