

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

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

Coaches: DELVAUX Valerie HEADCOACH

PB => Personal Best time

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

| Event number: 21: 200M FREESTYLE WOMEN 15+ |           |                                    |           |           | Heat:4, starttime: 09:54 |
|--------------------------------------------|-----------|------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/10 Lane : 4 Athlete: DEBAY MANON   |           |                                    |           |           | Q-time: 02:17:23         |
| PB (50m pool): no time                     |           | PB (25m pool): no time SB: no time |           |           |                          |
|                                            | 5 0 M     | 1 0 0 M                            | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                         | no time   | no time                            | no time   | no time   |                          |
|                                            | no time   |                                    |           |           |                          |
|                                            | . . . . . | . . . . .                          | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 23: 100M BACKSTROKE WOMEN 15+    |           |                                                          |  |  | Heat:4, starttime: 10:35 |
|------------------------------------------------|-----------|----------------------------------------------------------|--|--|--------------------------|
| Heat: 4/12 Lane : 2 Athlete: MARCHAL LAURALINE |           |                                                          |  |  | Q-time: 01:12:93         |
| PB (50m pool): 01:12.93 Charleroi 24/05/2026   |           | PB (25m pool): no time SB: 01:12.93 Charleroi 24/05/2026 |  |  |                          |
|                                                | 5 0 M     | 1 0 0 M                                                  |  |  |                          |
| PB                                             | 00:36.30  | 01:12.93                                                 |  |  |                          |
|                                                | 00:36.30  | 00:36.63                                                 |  |  |                          |
|                                                | . . . . . | . . . . .                                                |  |  |                          |

Coach feedback:

| Event number: 23: 100M BACKSTROKE WOMEN 15+  |           |                                                         |  |  | Heat:9, starttime: 10:46 |
|----------------------------------------------|-----------|---------------------------------------------------------|--|--|--------------------------|
| Heat: 9/12 Lane : 8 Athlete: DOHN NINON      |           |                                                         |  |  | Q-time: 01:09:70         |
| PB (50m pool): 01:10.55 Antwerpen 27/07/2025 |           | PB (25m pool): 01:22.87 SB: 01:10.66 Seraing 25/01/2026 |  |  |                          |
|                                              | 5 0 M     | 1 0 0 M                                                 |  |  |                          |
| PB                                           | 00:33.59  | 01:10.55                                                |  |  |                          |
|                                              | 00:33.59  | 00:36.96                                                |  |  |                          |
|                                              | . . . . . | . . . . .                                               |  |  |                          |

Coach feedback:

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| Event number: 24: 100M FREESTYLE MEN 15+                  |         |         | Heat:6, starttime: 11:02 |
|-----------------------------------------------------------|---------|---------|--------------------------|
| Heat: 6/22 Lane : 7 Athlete: FRANCOTTE BENJAMIN           |         |         | Q-time: 00:58:02         |
| PB (50m pool): no time PB (25m pool): no time SB: no time |         |         |                          |
|                                                           | 5 0 M   | 1 0 0 M |                          |
| PB                                                        | no time | no time |                          |
|                                                           | no time |         |                          |
|                                                           | .       | .       |                          |

Coach feedback:

| Event number: 25: 100M BREASTSTROKE WOMEN 15+                                    |          |          | Heat:10, starttime: 11:44 |
|----------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/11 Lane : 5 Athlete: FONTAINE HELOISE                                   |          |          | Q-time: 01:12:67          |
| PB (50m pool): 01:16.89 Antwerpen 27/07/2025 PB (25m pool): 01:14.00 SB: no time |          |          |                           |
|                                                                                  | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                               | 00:36.40 | 01:16.89 |                           |
|                                                                                  | 00:36.40 | 00:40.49 |                           |
|                                                                                  | .        | .        |                           |

Coach feedback:

| Event number: 27: 50M BUTTERFLY WOMEN 15+                 |         |  | Heat:10, starttime: 12:10 |
|-----------------------------------------------------------|---------|--|---------------------------|
| Heat: 10/17 Lane : 2 Athlete: DEBAY MANON                 |         |  | Q-time: 00:30:81          |
| 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: 27: 50M BUTTERFLY WOMEN 15+                                                  |          |  | Heat:10, starttime: 12:10 |
|--------------------------------------------------------------------------------------------|----------|--|---------------------------|
| Heat: 10/17 Lane : 3 Athlete: FONTAINE HELOISE                                             |          |  | Q-time: 00:30:77          |
| PB (50m pool): 00:30.77 Woluwe-Saint-Pierre 25/05/2025 PB (25m pool): 00:32.48 SB: no time |          |  |                           |
|                                                                                            | 5 0 M    |  |                           |
| PB                                                                                         | 00:30.77 |  |                           |
|                                                                                            | 00:30.77 |  |                           |
|                                                                                            | .        |  |                           |

Coach feedback:

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|                                                 |         |         |         |         |                                    |
|-------------------------------------------------|---------|---------|---------|---------|------------------------------------|
| Event number: 28: 200M MEDLEY MEN 15+           |         |         |         |         | Heat:4, starttime: 12:28           |
| Heat: 4/19 Lane : 1 Athlete: FRANCOTTE BENJAMIN |         |         |         |         | Q-time: 02:28:95                   |
| PB (50m pool): no time                          |         |         |         |         | PB (25m pool): no time SB: no time |
|                                                 | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M |                                    |
| PB                                              | no time | no time | no time | no time |                                    |
|                                                 | no time |         |         |         |                                    |
|                                                 | .....   | .....   | .....   | .....   |                                    |

Coach feedback: