

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

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

Coaches: URBAIN Laurent HEADCOACH

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+		Heat:4, starttime: 09:30
Heat: 4/13 Lane : 4 Athlete: URBAIN RAPHAEL		Q-time: 00:30:15
PB (50m pool): 00:30.52 Seraing 22/03/2026		PB (25m pool): 00:30.31 SB: 00:30.52 Seraing 22/03/2026
	5 0 M	
PB	00:30.52	
	00:30.52	
		

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+		Heat:6, starttime: 10:40
Heat: 6/12 Lane : 1 Athlete: ZUIDEVELD MARIA		Q-time: 01:12:02
PB (50m pool): 01:13.49 Seraing 07/12/2025		PB (25m pool): no time SB: 01:13.49 Seraing 07/12/2025
	5 0 M	1 0 0 M
PB	00:35.33	01:13.49
	00:35.33	00:38.16
		

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+		Heat:1, starttime: 12:01
Heat: 1/17 Lane : 3 Athlete: ZUIDEVELD MARIA		Q-time: 00:32:53
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+				Heat:14, starttime: 12:57	
Heat: 14/19 Lane : 2 Athlete: URBAIN RAPHAEL				Q-time: 02:20:27	
PB (50m pool): 02:20.27 Antwerpen 27/07/2025				PB (25m pool): 02:21.20 SB: 02:21.33 Seraing 07/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.22	01:04.63	01:47.09	02:20.27	
	00:29.22	00:35.41	00:42.46	00:33.18	
					

Coach feedback: