

SPEEDOMEETING 2026: Session: 4: COACH evaluation sheet for TEAM: HELIOS

Coachinfo: Warming up from: 07:45 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: DELEPLANQUE Xavier HEADCOACH

Coaches: TILMAN Eric

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

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 09:05
Heat: 4/27 Lane : 3 Athlete: RADERMECKER ZOé			Q-time: 01:24:77
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: 18: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 09:10
Heat: 7/27 Lane : 4 Athlete: DELOBBE LUCIE			Q-time: 01:18:58
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: 18: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:20
Heat: 12/27 Lane : 9 Athlete: DELEPLANQUE EMMA			Q-time: 01:13:11
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:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:25
Heat: 13/27 Lane : 0 Athlete: DELEPLANQUE ERIN			Q-time: 01:12:33
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: 18: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:25
Heat: 15/27 Lane : 8 Athlete: BADRAN SARA MARIA			Q-time: 01:10:48
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: 18: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:35
Heat: 19/27 Lane : 2 Athlete: COCO AMALIA			Q-time: 01:06:98
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: 18: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 09:35
Heat: 20/27 Lane : 8 Athlete: ROUDOMETKINA KSENIA			Q-time: 01:06:08
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:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:24, starttime: 09:40
Heat: 24/27 Lane : 3 Athlete: MICHAUX VALENTINE			Q-time: 01:02:69
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: 19: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 10:00
Heat: 6/24 Lane : 8 Athlete: KISSI ISMAIL			Q-time: 01:43:26
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: 19: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 10:00
Heat: 6/24 Lane : 9 Athlete: CHAPUT HUGO			Q-time: 01:46:13
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: 19: 100M BREASTSTROKE MEN 11+			Heat:13, starttime: 10:15
Heat: 13/24 Lane : 8 Athlete: DELBROUCK JULIEN			Q-time: 01:27:70
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:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 10:15
Heat: 14/24 Lane : 6 Athlete: MICHE ANTOINE			Q-time: 01:25:24
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: 20: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 11:05
Heat: 7/25 Lane : 2 Athlete: DELEPLANQUE EMMA			Q-time: 01:32:99
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: 20: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 11:10
Heat: 8/25 Lane : 4 Athlete: RADERMECKER ZOé			Q-time: 01:29:39
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: 20: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 11:15
Heat: 12/25 Lane : 1 Athlete: DELOBBE LUCIE			Q-time: 01:24:91
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:

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Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 11:20
Heat: 14/25 Lane : 1 Athlete: DELEPLANQUE ERIN			Q-time: 01:23:04
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: 20: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 11:25
Heat: 16/25 Lane : 1 Athlete: BADRAN SARA MARIA			Q-time: 01:20:13
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: 20: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 11:25
Heat: 16/25 Lane : 6 Athlete: COCO AMALIA			Q-time: 01:19:69
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: 20: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 11:30
Heat: 20/25 Lane : 8 Athlete: ROUDOMETKINA KSENIA			Q-time: 01:16:08
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:

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Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:23, starttime: 11:35
Heat: 23/25 Lane : 9 Athlete: MICHAUX VALENTINE			Q-time: 01:12:55
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: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 11:50
Heat: 4/22 Lane : 2 Athlete: DELBROUCK JULIEN			Q-time: 01:50:32
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: 21: 100M BUTTERFLY MEN 11+			Heat:6, starttime: 11:55
Heat: 6/22 Lane : 4 Athlete: KISSI ISMAIL			Q-time: 01:29:10
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: 21: 100M BUTTERFLY MEN 11+			Heat:7, starttime: 11:55
Heat: 7/22 Lane : 3 Athlete: CHAPUT HUGO			Q-time: 01:28:47
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: 21: 100M BUTTERFLY MEN 11+			Heat:8, starttime: 12:00
Heat: 8/22 Lane : 1 Athlete: MICHE ANTOINE			Q-time: 01:25:89
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: