

FSC 2026: Session: 1: COACH evaluation sheet for TEAM: ENLN

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Evrard Marc HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN Heat:6, starttime: 09:38

Heat: 6/9 Lane : 2 Athlete: DUFOND NATHAN Q-time: 00:58:96

PB (50m pool): 00:58.96 Charleroi 15/02/2026 PB (25m pool): 00:57.66 SB: 00:58.96 Charleroi 15/02/2026

| | 50 M | 100 M |
|----|----------|----------|
| PB | 00:27.87 | 00:58.96 |
| | 00:27.87 | 00:31.09 |
| | | |

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN Heat:5, starttime: 09:51

Heat: 5/5 Lane : 1 Athlete: HANNOTEAU ISALYNE Q-time: 01:07:22

PB (50m pool): 01:07.22 Charleroi 15/02/2026 PB (25m pool): no time SB: 01:07.22 Charleroi 15/02/2026

| | 50 M | 100 M |
|----|----------|----------|
| PB | 00:31.45 | 01:07.22 |
| | 00:31.45 | 00:35.77 |
| | | |

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN Heat:1, starttime: 10:10

Heat: 1/2 Lane : 4 Athlete: VACHAUDEZ ELLA Q-time: 04:58:30

PB (50m pool): 04:58.30 Antwerpen 27/07/2025 PB (25m pool): 04:52.63 SB: 05:05.05 Charleroi 15/02/2026

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|----------|----------|----------|----------|----------|----------|----------|----------|
| PB | 00:31.46 | 01:08.52 | 01:46.74 | 02:24.44 | 03:07.81 | 03:51.29 | 04:25.85 | 04:58.30 |
| | 00:31.46 | 00:37.06 | 00:38.22 | 00:37.70 | 00:43.37 | 00:43.48 | 00:34.56 | 00:32.45 |
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Coach feedback:

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|--|-----------------|-----------------|---|---------------------------------|--|
| Event number: 8: 200M FREESTYLE WOMEN | | | | Heat:4, starttime: 11:08 | |
| Heat: 4/5 Lane : 5 Athlete: DUREZ LAURE | | | | Q-time: 02:03:42 | |
| PB (50m pool): 02:03.42 Antwerpen 27/07/2025 | | | PB (25m pool): 01:58.24 SB: 02:03.51 Charleroi 15/02/2026 | | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
| PB | 00:28.89 | 01:00.34 | 01:32.35 | 02:03.42 | |
| | <i>00:28.89</i> | <i>00:31.45</i> | <i>00:32.01</i> | <i>00:31.07</i> | |
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Coach feedback:

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|--|-----------------|-------------------------------------|--|
| Event number: 10: 50M BACKSTROKE WOMEN | | Heat:4, starttime: 11:30 | |
| Heat: 4/7 Lane : 8 Athlete: HANNOTEAU ISALYNE | | Q-time: 00:32:42 | |
| PB (50m pool): 00:32.42 La Louvière 25/05/2025 | | PB (25m pool): 00:30.49 SB: no time | |
| | 5 0 M | | |
| PB | 00:32.42 | | |
| | <i>00:32.42</i> | | |
| | | | |

Coach feedback:

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|---|-----------------|---|--|
| Event number: 10: 50M BACKSTROKE WOMEN | | Heat:6, starttime: 11:33 | |
| Heat: 6/7 Lane : 7 Athlete: VACHAUDEZ ELLA | | Q-time: 00:31:12 | |
| PB (50m pool): 00:31.12 Antwerpen 27/07/2025 | | PB (25m pool): 00:30.03 SB: 00:32.45 Charleroi 15/02/2026 | |
| | 5 0 M | | |
| PB | 00:31.12 | | |
| | <i>00:31.12</i> | | |
| | | | |

Coach feedback:

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|--|-----------------|-------------------------------------|--|
| Event number: 10: 50M BACKSTROKE WOMEN | | Heat:7, starttime: 11:34 | |
| Heat: 7/7 Lane : 5 Athlete: DUREZ LAURE | | Q-time: 00:29:23 | |
| PB (50m pool): 00:29.23 Antwerpen 27/07/2025 | | PB (25m pool): 00:28.27 SB: no time | |
| | 5 0 M | | |
| PB | 00:29.23 | | |
| | <i>00:29.23</i> | | |
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Coach feedback: