

FSC 2026: Session: 5: COACH evaluation sheet for TEAM: MHN

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

Coaches: DE COSTER Anna

Coaches: SOUMILLION Nathalie

Coaches: SMOOS Murielle

Coaches: CHARNEUX Jean-Bernard HEADCOACH

PB => Personal Best time

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

Event number: 26: 200M BREASTSTROKE MEN Heat:3, starttime: 10:12

Heat: 3/6 Lane : 3 Athlete: HOES TOM ALEXANDER Q-time: 02:33:74

PB (50m pool): 02:33.74 Charleroi 15/02/2026 PB (25m pool): 02:34.44 SB: 02:33.74 Charleroi 15/02/2026

| | 50 M | 100 M | 150 M | 200 M | |
|----|----------|----------|----------|----------|--|
| PB | 00:34.82 | 01:13.73 | 01:54.27 | 02:33.74 | |
| | 00:34.82 | 00:38.91 | 00:40.54 | 00:39.47 | |
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Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN Heat:4, starttime: 10:15

Heat: 4/6 Lane : 2 Athlete: DUCARME MATHIS Q-time: 02:27:31

PB (50m pool): 02:27.90 Antwerpen 27/04/2025 PB (25m pool): 02:26.31 SB: 02:34.61 Charleroi 15/02/2026

| | 50 M | 100 M | 150 M | 200 M | |
|----|----------|----------|----------|----------|--|
| PB | 00:32.94 | 01:10.55 | 01:49.21 | 02:27.90 | |
| | 00:32.94 | 00:37.61 | 00:38.66 | 00:38.69 | |
| | | | | | |

Coach feedback:

Event number: 32: 200M MEDLEY MEN Heat:3, starttime: 11:23

Heat: 3/6 Lane : 7 Athlete: WATTIAUX THOMAS Q-time: 02:17:55

PB (50m pool): 02:17.55 Charleroi 15/02/2026 PB (25m pool): 02:18.69 SB: 02:17.55 Charleroi 15/02/2026

| | 50 M | 100 M | 150 M | 200 M | |
|----|----------|----------|----------|----------|--|
| PB | 00:29.41 | 01:06.11 | 01:45.35 | 02:17.55 | |
| | 00:29.41 | 00:36.70 | 00:39.24 | 00:32.20 | |
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Coach feedback: