

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

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

Coaches: Billet Francois

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:5, starttime: 08:50	
Heat: 5/5 Lane : 5 Athlete: SOBRIE GAUTIER							Q-time: 04:03:01	
PB (50m pool): 04:03.01 Antwerpen 17/05/2026				PB (25m pool): 04:00.23SB: 04:03.01 Antwerpen 17/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:27.31	00:57.77	01:28.87	02:00.07	02:31.34	03:02.58	03:33.22	04:03.01
	00:27.31	00:30.46	00:31.10	00:31.20	00:31.27	00:31.24	00:30.64	00:29.79
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:4, starttime: 09:14	
Heat: 4/5 Lane : 8 Athlete: VANDAMME LOUNA							Q-time: 05:25:87	
PB (50m pool): 05:25.87 Antwerpen 20/07/2025				PB (25m pool): 05:32.29SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.79	01:20.51	02:01.56	02:41.37	03:28.97	04:17.28	04:52.80	05:25.87
	00:36.79	00:43.72	00:41.05	00:39.81	00:47.60	00:48.31	00:35.52	00:33.07
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+										Heat:11, starttime: 09:41																			
Heat: 11/13 Lane : 1 Athlete: SOBRIE GAUTIER																				Q-time: 00:28:98									
PB (50m pool): 00:28.98 MOUSCRON 25/05/2026										PB (25m pool): 00:30.23 SB: 00:28.98 MOUSCRON 25/05/2026																			
	5 0 M																												
PB	00:28.98																												
	00:28.98																												
																													

Coach feedback:

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

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:2, starttime: 10:16
Heat: 2/5 Lane : 2 Athlete: EMARA NAEL					Q-time: 02:24:47
PB (50m pool): 02:24.47 Charleroi 19/10/2025			PB (25m pool): 02:27.14 SB: 02:24.47 Charleroi 19/10/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.86	01:08.46	01:46.78	02:24.47	
	00:31.86	00:36.60	00:38.32	00:37.69	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:4, starttime: 10:22
Heat: 4/5 Lane : 7 Athlete: REMMERIE JONAS					Q-time: 02:19:16
PB (50m pool): 02:19.16 Charleroi 19/10/2025			PB (25m pool): 02:25.99 SB: 02:19.16 Charleroi 19/10/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.90	01:05.88	01:43.01	02:19.16	
	00:30.90	00:34.98	00:37.13	00:36.15	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:3, starttime: 10:33
Heat: 3/12 Lane : 3 Athlete: PRIOUX MAéLIE					Q-time: 01:13:24
PB (50m pool): 01:13.24 MOUSCRON 25/05/2026			PB (25m pool): no time SB: 01:13.24 MOUSCRON 25/05/2026		
	5 0 M	1 0 0 M			
PB	00:35.30	01:13.24			
	00:35.30	00:37.94			
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:9, starttime: 10:46
Heat: 9/12 Lane : 7 Athlete: ABDELMOUMEN NISRINE					Q-time: 01:09:49
PB (50m pool): 01:09.49 Antwerpen 27/04/2025			PB (25m pool): 01:08.82 SB: 01:09.89 Charleroi 15/02/2026		
	5 0 M	1 0 0 M			
PB	00:33.77	01:09.49			
	00:33.77	00:35.72			
					

Coach feedback:

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

Event number: 24: 100M FREESTYLE MEN 15+					Heat:16, starttime: 11:17	
Heat: 16/22 Lane : 6 Athlete: SOBRIE GAUTIER					Q-time: 00:55:47	
PB (50m pool): 00:55.47 MOUSCRON 25/05/2026					PB (25m pool): 00:56.14 SB: 00:55.47 MOUSCRON 25/05/2026	
	5 0 M	1 0 0 M				
PB	00:26.83	00:55.47				
	00:26.83	00:28.64				
						

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+							Heat:19, starttime: 11:21		
Heat: 19/22 Lane : 7 Athlete: VANDAMME HUGO							Q-time: 00:54:18		
PB (50m pool): 00:54.18 Charleroi 15/02/2026				PB (25m pool): 00:52.32 SB: 00:54.18 Charleroi 15/02/2026					
	5 0 M		1 0 0 M						
PB	00:25.93		00:54.18						
	00:25.93		00:28.25						
									

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+							Heat:12, starttime: 12:00		
Heat: 12/12 Lane : 1 Athlete: VANDAMME HUGO							Q-time: 00:31:14		
PB (50m pool): 00:31.14 Antwerpen 17/05/2026				PB (25m pool): 00:30.47 SB: 00:31.14 Antwerpen 17/05/2026					
	5 0 M								
PB	00:31.14								
	00:31.14								
									

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:15, starttime: 13:00	
Heat: 15/19 Lane : 6 Athlete: REMMERIE JONAS					Q-time: 02:18:96	
PB (50m pool): 02:18.96 Charleroi 19/10/2025			PB (25m pool): 02:24.63 SB: 02:18.96 Charleroi 19/10/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.83	01:07.71	01:46.91	02:18.96		
	00:29.83	00:37.88	00:39.20	00:32.05		
						

Coach feedback:

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

Event number: 28: 200M MEDLEY MEN 15+					Heat:17, starttime: 13:06
Heat: 17/19 Lane : 6 Athlete: EMARA NAEL					Q-time: 02:15:10
PB (50m pool): 02:15.16 Antwerpen 17/05/2026					PB (25m pool): 02:23.20 SB: 02:15.16 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.04	01:04.84	01:43.10	02:15.16	
	00:29.04	00:35.80	00:38.26	00:32.06	
					

Coach feedback:

Event number: 29: 1500M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:15	
Heat: 1/1 Lane : 5 Athlete: VANDAMME LOUNA							Q-time: 17:57:36	
PB (50m pool): 18:22.45 La Louvière 08/02/2026			PB (25m pool): 18:33.69SB: 18:22.45 La Louvière 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.21	01:07.60	01:43.62	02:19.28	02:55.41	03:31.79	04:08.20	04:44.86
	00:32.21	00:35.39	00:36.02	00:35.66	00:36.13	00:36.38	00:36.41	00:36.66
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:21.71	05:58.76	06:35.89	07:13.06	07:50.44	08:27.82	09:05.58	09:42.55
	00:36.85	00:37.05	00:37.13	00:37.17	00:37.38	00:37.38	00:37.76	00:36.97
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:20.05	10:57.24	11:34.52	12:11.41	12:48.32	13:25.42	14:02.75	14:40.12
	00:37.50	00:37.19	00:37.28	00:36.89	00:36.91	00:37.10	00:37.33	00:37.37
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	15:17.58	15:54.65	16:32.31	17:09.66	17:46.60	18:22.45	
	00:37.46	00:37.07	00:37.66	00:37.35	00:36.94	00:35.85	
							

Coach feedback: