

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

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

Coaches: Bonvoisin Ann HEADCOACH

Coaches: Wégria Bernard

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18 **Heat:3, starttime: 08:40**

Heat: 3/5 Lane : 6 Athlete: CHAU DUARTE **Q-time: 04:23:81**

PB (50m pool): 04:23.81 Antwerpen 20/07/2025 **PB (25m pool): 04:45.97 SB: 04:27.03 Charleroi 15/02/2026**

	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	00:30.72	01:03.61	01:37.36	02:10.75	02:44.42	03:18.20	03:51.71	04:23.81
	00:30.72	00:32.89	00:33.75	00:33.39	00:33.67	00:33.78	00:33.51	00:32.10
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 **Heat:5, starttime: 09:20**

Heat: 5/5 Lane : 8 Athlete: ABDELKHALEK LINA **Q-time: 05:14:27**

PB (50m pool): 05:14.27 Antwerpen 17/05/2026 **PB (25m pool): 05:31.81 SB: 05:14.27 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	00:33.28	01:12.21	01:52.60	02:32.97	03:17.24	04:03.06	04:38.88	05:14.27
	00:33.28	00:38.93	00:40.39	00:40.37	00:44.27	00:45.82	00:35.82	00:35.39
								

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+ **Heat:7, starttime: 10:02**

Heat: 7/10 Lane : 6 Athlete: ABDELKHALEK LINA **Q-time: 02:13:62**

PB (50m pool): 02:17.73 Antwerpen 20/07/2025 **PB (25m pool): 02:17.74 SB: no time**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.18	01:05.64	01:41.78	02:17.73	
	00:31.18	00:34.46	00:36.14	00:35.95	
					

Coach feedback:

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Event number: 22: 200M BUTTERFLY MEN 15+					Heat:2, starttime: 10:16
Heat: 2/5 Lane : 7 Athlete: JAENEN PER					Q-time: 02:24:51
PB (50m pool): 02:24.51 Antwerpen 20/07/2025			PB (25m pool): 02:33.88 SB: 02:24.82 Ottignies Louvain-La-Neuve 07/06/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.14	01:08.58	01:46.30	02:24.51	
	00:32.14	00:36.44	00:37.72	00:38.21	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:4, starttime: 10:22
Heat: 4/5 Lane : 1 Athlete: COUNARD MATÉO					Q-time: 02:20:29
PB (50m pool): 02:20.29 Charleroi 15/02/2026			PB (25m pool): 02:24.71 SB: 02:20.29 Charleroi 15/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.26	01:07.07	01:43.40	02:20.29	
	00:31.26	00:35.81	00:36.33	00:36.89	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:8, starttime: 12:40
Heat: 8/19 Lane : 3 Athlete: CHAU DUARTE					Q-time: 02:24:82
PB (50m pool): 02:24.82 Seraing 07/12/2025			PB (25m pool): 02:21.57 SB: 02:24.82 Seraing 07/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.23	01:08.18	01:51.81	02:24.82	
	00:31.23	00:36.95	00:43.63	00:33.01	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:10, starttime: 12:46
Heat: 10/19 Lane : 1 Athlete: JAENEN PER					Q-time: 02:23:87
PB (50m pool): 02:23.87 Seraing 22/03/2026			PB (25m pool): 02:23.43 SB: 02:23.87 Seraing 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.67	01:07.40	01:49.96	02:23.87	
	00:31.67	00:35.73	00:42.56	00:33.91	
					

Coach feedback:

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Event number: 29: 1500M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:15	
Heat: 1/1 Lane : 6 Athlete: ABDELKHALEK LINA							Q-time: 18:24:70	
PB (50m pool): no time			PB (25m pool): 19:02.25 SB: 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	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	no time	no time	no time	no time	no time	no time	no time	no time
								
	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	no time	no time	no time	no time	no time	no time	no time	no time
								
	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	no time	no time	no time	no time	no time	no time		
								

Coach feedback: