

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

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

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:4, starttime: 08:45	
Heat: 4/5 Lane : 2 Athlete: VOS SEM							Q-time: 04:21:08	
PB (50m pool): 04:21.13 Ottignies Louvain-La-Neuve 25/01/2026							PB (25m pool): no time SB: 04:21.13 Ottignies Louvain-La-Neuve 25/01/2026	
	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	00:29.82	01:02.63	01:35.77	02:09.34	02:42.34	03:15.67	03:49.00	04:21.13
	00:29.82	00:32.81	00:33.14	00:33.57	00:33.00	00:33.33	00:33.33	00:32.13
								

Coach feedback:

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:5, starttime: 08:50	
Heat: 5/5 Lane : 4 Athlete: LAVIOLETTE SIMON							Q-time: 03:54:25	
PB (50m pool): 03:55.89 Antwerpen 17/05/2026							PB (25m pool): 03:43.97 SB: 03:55.89 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	00:26.34	00:55.69	01:25.76	01:56.03	02:25.87	02:55.75	03:26.13	03:55.89
	00:26.34	00:29.35	00:30.07	00:30.27	00:29.84	00:29.88	00:30.38	00:29.76
								

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+										Heat:20, starttime: 11:23	
Heat: 20/22 Lane : 4 Athlete: LAVIOLETTE SIMON										Q-time: 00:51:26	
PB (50m pool): 00:52.70 Charleroi 15/02/2026										PB (25m pool): 00:49.59 SB: 00:52.70 Charleroi 15/02/2026	
	5 0 M		1 0 0 M								
PB	00:25.60		00:52.70								
	00:25.60		00:27.10								
											

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:19, starttime: 13:11
Heat: 19/19 Lane : 6 Athlete: VOS SEM					Q-time: 02:14:76
PB (50m pool): 02:15.05 Antwerpen 17/05/2026					PB (25m pool): 02:11.66 SB: 02:15.05 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.97	01:04.24	01:42.24	02:15.05	
	00:28.97	00:35.27	00:38.00	00:32.81	
					

Coach feedback: