

CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: ENLN

Coachinfo: Warming up from: 15:00 untill 15:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Evrard Marc HEADCOACH

Coaches: Brusten Arthur

Coaches: Rondeau Lola

Coaches: Bertrand Amaury

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE MEN 19+							Heat:2, starttime: 16:06	
Heat: 2/3 Lane : 3 Athlete: CABO ESTEBAN							Q-time: 04:19:34	
PB (50m pool): 04:19.34 Antwerpen 27/07/2025				PB (25m pool): 04:13.21 SB: 04:35.02 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	00:28.82	01:00.90	01:33.95	02:07.67	02:40.88	03:14.20	03:47.17	04:19.34
	00:28.82	00:32.08	00:33.05	00:33.72	00:33.21	00:33.32	00:32.97	00:32.17
								

Coach feedback:

Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 3 Athlete: TEAM ENLN 1							Q-time: 03:41:00	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: