

STW meeting 26: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Coachinfo: Warming up from: 12:55 untill 13:55.

Teamleadmeeting @

The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 14:19	
Heat: 3/5 Lane : 3 Athlete: POENARU MARIA							Q-time: 06:19:30	
PB (25m pool): 6:19.30 Sint-Pieters-Leeuw 5 Oct 2025				PB (50m pool): 6:16.20 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		40.83		1:27.83				3:07.05
	40.83		47.00				1:39.22	

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB				4:45.22				6:19.30
			1:38.17				1:34.08	

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/4 Lane : 5 Athlete: MAMOUN ISMAEL							Q-time: 05:51:06	
PB (25m pool): 5:51.06 Sint-Pieters-Leeuw 5 Oct 2025				PB (50m pool): 5:51.75 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		40.34		1:25.17				2:55.19
	40.34		44.83				1:30.02	

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB				4:25.31				5:51.06
			1:30.12				1:25.75	

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 2 Athlete: DUBOIS NOAH							Q-time: 05:20:18	
PB (25m pool): 5:20.18 Mons 28 Jun 2025				PB (50m pool): 5:42.01 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		36.36		1:15.89		1:55.86		2:36.94
	36.36		39.53		39.97		41.08	

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		3:18.12		3:59.35		4:41.12		5:20.18
	41.18		41.23		41.77		39.06	

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Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 8 Athlete: EL MELIOUI ABDERAZAK							Q-time: 05:43:81	
PB (25m pool): 5:43.81 Sint-Pieters-Leeuw 5 Oct 2025				PB (50m pool): 5:47.30 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		38.85		1:22.30				2:49.82
	38.85		43.45				1:27.52	

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB				5:03.36				5:43.81
			2:13.54				40.45	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 15:25
Heat: 7/9 Lane : 7 Athlete: BRACONI MARGERITA				Q-time: 01:30:99	
PB (25m pool): 1:31.74 Louvain-la-Neuve 6 Oct 2024			PB (50m pool): 1:30.99 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		43.13		1:31.74	
	43.13		48.61		
	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 15:29
Heat: 9/9 Lane : 6 Athlete: DYS MAJA				Q-time: 01:22:44	
PB (25m pool): 1:22.44 Vilvoorde 23 Mar 2025			PB (50m pool): 1:27.52 SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		39.39		1:22.44	
	39.39		43.05		
	

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:34
Heat: 2/7 Lane : 4 Athlete: KOROGLU SINAN					Q-time: 01:40:16
PB (25m pool): 1:40.16 Nijlen 16 Nov 2025					PB (50m pool): 1:56.03 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		47.28		1:40.16	
	47.28		52.88		
	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:36
Heat: 3/7 Lane : 6 Athlete: MEMA BRADY					Q-time: 01:32:72
PB (25m pool): 1:32.72 Nijlen 16 Nov 2025					PB (50m pool): 1:46.82 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		43.57		1:32.72	
	43.57		49.15		
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 16:23
Heat: 8/8 Lane : 6 Athlete: BRACONI MARGERITA					Q-time: 01:12:70
PB (25m pool): 1:12.70 Mons 27 Oct 2024					PB (50m pool): 1:14.25 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		35.45		1:12.70	
	35.45		37.25		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/5 Lane : 7 Athlete: KOROGLU SINAN					Q-time: 01:24:98
PB (25m pool): 1:24.98 Nijlen 15 Nov 2025					PB (50m pool): 1:29.67 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		41.66		1:24.98	
	41.66		43.32		
	

Coach feedback:

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Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 16:42
Heat: 3/4 Lane : 8 Athlete: POENARU MARIA					Q-time: 01:29:29
PB (25m pool): 1:29.29 Nijlen 16 Nov 2025					PB (50m pool): 1:35.27 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		40.08		1:29.29	
	40.08		49.21		
	

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 16:46
Heat: 1/3 Lane : 5 Athlete: DUBOIS NOAH					Q-time: 01:27:80
PB (25m pool): 1:27.80 Lumbres (FRA) 5 Apr 2025					PB (50m pool): 1:28.70 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		41.37		1:27.80	
	41.37		46.43		
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 17:11
Heat: 11/11 Lane : 5 Athlete: DYS MAJA					Q-time: 01:00:61
PB (25m pool): 1:00.61 Lumbres (FRA) 5 Apr 2025					PB (50m pool): 1:01.55 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		29.81		1:00.61	
	29.81		30.80		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 2 Athlete: MAMOUN ISMAEL					Q-time: 01:16:19
PB (25m pool): 1:17.94 Nijlen 15 Nov 2025					PB (50m pool): 1:16.19 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		36.87		1:17.94	
	36.87		41.07		
	

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 3 Athlete: MAMOUN YANIS					Q-time: 01:14:23
PB (25m pool): 1:14.23 Nijlen 15 Nov 2025					PB (50m pool): 1:13.42 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		34.14		1:14.23	
	34.14		40.09		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 7 Athlete: EL MELIOUI ABDERAZAK					Q-time: 01:16:32
PB (25m pool): 1:16.32 Sint-Pieters-Leeuw 5 Oct 2025					PB (50m pool): 1:16.85 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		37.00		1:16.32	
	37.00		39.32		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:6, starttime: 17:23
Heat: 6/10 Lane : 7 Athlete: MEMA BRADY					Q-time: 01:09:91
PB (25m pool): 1:09.91 Nijlen 15 Nov 2025					PB (50m pool): 1:14.00 SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		33.03		1:09.91	
	33.03		36.88		
	

Coach feedback: