

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:

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		40.83		1:27.83				3:07.05
	40.83			47.00				1:39.22

PB	225 M	250 M	275 M	300	325	350	375	400 M
				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:

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		40.34		1:25.17				2:55.19
	40.34			44.83				1:30.02

PB	225 M	250 M	275 M	300	325	350	375	400 M
				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:

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		36.36		1:15.89		1:55.86		2:36.94
	36.36			39.53		39.97		41.08

PB	225 M	250 M	275 M	300	325	350	375	400 M
		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:

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		38.85		1:22.30				2:49.82
		38.85		43.45				1:27.52
PB	225 M	250 M	275 M	300	325	350	375	400 M
				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:

	25 M	50 M	75 M	100 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:

	25 M	50 M	75 M	100 M	
PB		39.39		1:22.44	
		39.39		43.05	

Coach feedback:

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

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

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:

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