Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Coachinfo: Warming up from: 13:00 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: 1: 100M FREESTYLE MIXED 10-9 — Heat:1, starttime: 14:00

Heat: 1/6 Lane : 2 Athlete: MUHINDO AKONKWA ZOé — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:1, starttime: 14:00

Heat: 1/6 Lane : 3 Athlete: SUTU INNES CATALEYA — **Q-time: 02:05:46**

PB (25m pool): 02:17.75 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 02:17.75 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:57.46		02:17.75	
	00:57.46		*01:20.29*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:2, starttime: 14:03

Heat: 2/6 Lane : 1 Athlete: CHARAF JED — **Q-time: 01:53:52**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:2, starttime: 14:03

Heat: 2/6 Lane : 2 Athlete: EL MOUEDDEN NASSIM — **Q-time: 01:49:06**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:2, starttime: 14:03

Heat: 2/6 Lane : 3 Athlete: FAIKOVA DERIN — **Q-time: 01:47:17**

PB (25m pool): 01:37.43 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:37.43 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.89		01:37.43	
	00:44.89		*00:52.54*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:2, starttime: 14:03

Heat: 2/6 Lane : 4 Athlete: DERIDI LOQMAN — **Q-time: 01:48:66**

PB (25m pool): 01:48.66 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:48.66 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:51.66		01:48.66	
	00:51.66		*00:57.00*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:2, starttime: 14:03

Heat: 2/6 Lane : 5 Athlete: NGWANZA JAYNICE — **Q-time: 01:53:03**

PB (25m pool): 01:53.03 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:53.04		01:53.03	
	00:53.04		*00:59.99*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:3, starttime: 14:05

Heat: 3/6 Lane : 1 Athlete: LAZZOUNI RITA — **Q-time: 01:44:33**

PB (25m pool): 01:44.33 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:44.33 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.55		01:44.33	
		00:48.55		*00:55.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:3, starttime: 14:05

Heat: 3/6 Lane : 3 Athlete: VAESSEN ALEXIS — **Q-time: 01:36:50**

PB (25m pool): 01:36.50 4367 Crisnée 30/05/2026 **PB (50m pool):** no time **SB:** 01:42.45 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.79		01:36.50	
		00:43.79		*00:52.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:4, starttime: 14:07

Heat: 4/6 Lane : 2 Athlete: CASTANHEIRA OLIVIA — **Q-time: 01:34:34**

PB (25m pool): 01:34.34 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:34.34 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.90		01:34.34	
		00:45.90		*00:48.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:5, starttime: 14:09

Heat: 5/6 Lane : 4 Athlete: BRACONI LUDOVICO — **Q-time: 01:26:90**

PB (25m pool): 01:26.90 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:26.90 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.59		01:26.90	
		00:39.59		*00:47.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:2, starttime: 14:17

Heat: 2/8 Lane : 1 Athlete: NGUYEN NATHAN **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:2, starttime: 14:17

Heat: 2/8 Lane : 3 Athlete: BOUSSAADA AYMAN **Q-time: 01:59:44**

PB (25m pool): 01:59.44 Nijlen 16/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:56.46		01:59.44	
	00:56.46		*01:02.98*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:2, starttime: 14:17

Heat: 2/8 Lane : 5 Athlete: CARLIER NOHA **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:3, starttime: 14:20

Heat: 3/8 Lane : 1 Athlete: CHARGOU AHMED-TAHA **Q-time: 01:45:84**

PB (25m pool): 01:45.84 Nijlen 16/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:52.06		01:45.84	
	00:52.06		*00:53.78*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:5, starttime: 14:25

Heat: 5/8 Lane : 2 Athlete: DUBOIS NOAH — **Q-time: 01:22:30**

PB (25m pool): 01:22.30 4367 Crisnée 30/05/2026 **PB (50m pool):** 01:31.06 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.17		01:22.30	
		00:40.17		*00:42.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:5, starttime: 14:25

Heat: 5/8 Lane : 3 Athlete: MEMA BRADY — **Q-time: 01:22:04**

PB (25m pool): 01:22.04 Mons 27/06/2026 **PB (50m pool):** 01:29.80 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.06		01:22.04	
		00:40.06		*00:41.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:6, starttime: 14:28

Heat: 6/8 Lane : 4 Athlete: KOROGLU SINAN — **Q-time: 01:17:34**

PB (25m pool): 01:17.34 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:20.32 **SB:** 01:17.34 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.31		01:17.34	
		00:40.31		*00:37.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 14:34

Heat: 1/7 Lane : 3 Athlete: LAZZOUNI DINA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 14:37

Heat: 2/7 Lane : 1 Athlete: POGRADJA MAëLLY — **Q-time: 02:01:36**

PB (25m pool): 02:01.36 4367 Crisnée 30/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.94		02:01.36	
		00:55.94		*01:05.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 14:39

Heat: 3/7 Lane : 2 Athlete: GROMADKA EMILIA — **Q-time: 01:47:27**

PB (25m pool): 01:47.27 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:47.27 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.11		01:47.27	
		00:50.11		*00:57.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 14:46

Heat: 6/7 Lane : 5 Athlete: CHARGOU SOPHIA — **Q-time: 01:31:67**

PB (25m pool): 01:31.67 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:37.70 **SB:** 01:31.67 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.46		01:31.67	
		00:43.46		*00:48.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 14:51

Heat: 1/7 Lane : 3 Athlete: NGUYEN NATHAN — **Q-time: 01:21:02**

PB (25m pool): 01:21.02 4367 Crisnée 30/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.54		01:21.02	
		00:37.54		*00:43.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 14:51

Heat: 1/7 Lane : 5 Athlete: CHARGOU AHMED-TAHA — **Q-time: 01:24:75**

PB (25m pool): 01:24.75 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:37.36 **SB:** 01:24.75 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.09		01:24.75	
	00:40.09		*00:44.66*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 14:51

Heat: 1/7 Lane : 6 Athlete: BOUSSAADA AYMAN — **Q-time: 01:45:27**

PB (25m pool): 01:45.27 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:45.27 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:49.26		01:45.27	
	00:49.26		*00:56.01*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 14:53

Heat: 2/7 Lane : 5 Athlete: CARLIER NOHA — **Q-time: 01:16:93**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:55

Heat: 3/7 Lane : 1 Athlete: DUBOIS NOAH — **Q-time: 01:09:21**

PB (25m pool): 01:09.21 Mons 27/06/2026 **PB (50m pool):** 01:10.71 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.04		01:09.21	
	00:34.04		*00:35.17*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:55

Heat: 3/7 Lane : 5 Athlete: MEMA BRADY — **Q-time: 01:08:78**

PB (25m pool): 01:08.78 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:14.00 **SB:** 01:08.78 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.45		01:08.78	
		00:32.45		*00:36.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/7 Lane : 2 Athlete: KOROGLU SINAN — **Q-time: 01:03:08**

PB (25m pool): 01:08.08 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:10.01 **SB:** 01:08.08 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.29		01:08.08	
		00:32.29		*00:35.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/7 Lane : 3 Athlete: LAMAASAB RAPHAëL — **Q-time: 01:02:15**

PB (25m pool): 01:02.15 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:04.54 **SB:** 01:02.15 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.29		01:02.15	
		00:29.29		*00:32.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/7 Lane : 4 Athlete: COCRIAMONT THéO — **Q-time: 01:03:02**

PB (25m pool): 01:03.02 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:07.44 **SB:** 01:03.02 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.02		01:03.02	
		00:30.02		*00:33.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 15:12

Heat: 5/5 Lane : 1 Athlete: LECHIFFLARD LéA — **Q-time: 01:10:83**

PB (25m pool): 01:12.53 Mons 27/10/2024 **PB (50m pool):** 01:13.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.06		01:12.53	
		00:33.06		*00:39.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 15:12

Heat: 5/5 Lane : 3 Athlete: DYS MAJA — **Q-time: 01:06:89**

PB (25m pool): 01:08.45 Sint-Pieters-Leeuw 05/10/2025 **PB (50m pool):** 01:08.57 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.73		01:08.45	
		00:31.73		*00:36.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 15:12

Heat: 5/5 Lane : 5 Athlete: NANNI AUDREY — **Q-time: 01:09:92**

PB (25m pool): 01:09.92 Woluwe-St-Lambert 29/05/2025 **PB (50m pool):** 01:11.78 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.80		01:09.92	
		00:32.80		*00:37.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 15:14

Heat: 1/6 Lane : 2 Athlete: LAZZOUNI RITA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 15:14

Heat: 1/6 Lane : 3 Athlete: SUTU INNES CATALEYA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 15:17

Heat: 2/6 Lane : 1 Athlete: EL MOUEDDEN NASSIM — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 15:17

Heat: 2/6 Lane : 2 Athlete: FAIKOVA DERIN — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 15:17

Heat: 2/6 Lane : 3 Athlete: CHARAF JED — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 15:17

Heat: 2/6 Lane : 4 Athlete: MUHINDO AKONKWA ZOé — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:3, starttime: 15:20

Heat: 3/6 Lane : 1 Athlete: DERIDI LOQMAN — **Q-time: 02:16:65**

PB (25m pool): 02:16.65 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 02:16.65 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		01:04.97		02:16.65	
		01:04.97		*01:11.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:3, starttime: 15:20

Heat: 3/6 Lane : 2 Athlete: VAESSEN ALEXIS — **Q-time: 02:10:02**

PB (25m pool): 02:10.02 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 02:10.02 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:58.91		02:10.02	
		00:58.91		*01:11.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:3, starttime: 15:20

Heat: 3/6 Lane : 3 Athlete: CASTANHEIRA OLIVIA — **Q-time: 02:00:66**

PB (25m pool): 02:00.66 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 02:00.66 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:57.16		02:00.66	
		00:57.16		*01:03.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:3, starttime: 15:20

Heat: 3/6 Lane : 5 Athlete: NGWANZA JAYNICE — **Q-time: 02:10:07**

PB (25m pool): 02:10.07 Mons 27/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		01:02.57		02:10.07	
		01:02.57		*01:07.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:5, starttime: 15:25

Heat: 5/6 Lane : 6 Athlete: BRACONI LUDOVICO — **Q-time: 01:51:89**

PB (25m pool): 01:51.89 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:51.89 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:51.44		01:51.89	
		00:51.44		*01:00.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:56

Heat: 4/7 Lane : 2 Athlete: CHARGOU SOPHIA — **Q-time: 01:23:24**

PB (25m pool): 01:23.24 Braine l Alleud 05/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.02		01:23.24	
		00:40.02		*00:43.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:7, starttime: 16:02

Heat: 7/7 Lane : 4 Athlete: DYS MAJA — **Q-time: 01:09:78**

PB (25m pool): 01:10.95 Vilvoorde 23/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:10.95	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:7, starttime: 16:02

Heat: 7/7 Lane : 5 Athlete: LECHIFFLARD LéA — **Q-time: 01:12:37**

PB (25m pool): 01:14.36 Braine l Alleud 05/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.05		01:14.36	
		00:34.05		*00:40.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:7, starttime: 16:02

Heat: 7/7 Lane : 6 Athlete: NANNI AUDREY — **Q-time: 01:14:60**

PB (25m pool): 01:17.26 Mons 23/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.71		01:17.26	
		00:35.71		*00:41.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:2, starttime: 16:06

Heat: 2/4 Lane : 4 Athlete: KOROGLU SINAN — **Q-time: 01:22:76**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:3, starttime: 16:09

Heat: 3/4 Lane : 3 Athlete: COCRIAMONT THéO — **Q-time: 01:12:24**

PB (25m pool): 01:12.24 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:12.24 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:12.24	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 8: 100M MEDLEY MEN 11+ — Heat:4, starttime: 16:10

Heat: 4/4 Lane : 6 Athlete: LAMAASAB RAPHAëL — **Q-time: 01:11:88**

PB (25m pool): 01:11.88 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:11.88 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:11.88	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 16:12

Heat: 1/4 Lane : 3 Athlete: GROMADKA EMILIA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 16:12

Heat: 1/4 Lane : 4 Athlete: POGRADJA MAëLLY — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 16:16

Heat: 2/4 Lane : 5 Athlete: LAZZOUNI DINA — **Q-time: 02:08:83**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:24

Heat: 1/6 Lane : 3 Athlete: BOUSSAADA AYMAN — **Q-time: 02:13:98**

PB (25m pool): 02:13.98 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 02:13.98 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		01:03.04		02:13.98	
		01:03.04		*01:10.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:24

Heat: 1/6 Lane : 5 Athlete: DUBOIS NOAH — **Q-time: 99:99:99**

PB (25m pool): 02:00.33 Braine l Alleud 31/03/2024 **PB (50m pool):** 01:49.30 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		02:00.33	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 16:26

Heat: 2/6 Lane : 1 Athlete: CHARGOU AHMED-TAHA — **Q-time: 01:55:83**

PB (25m pool): 01:55.83 Nijlen 16/11/2025 **PB (50m pool):** 02:00.26 **SB:** 01:58.78 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:54.87		01:55.83	
		00:54.87		*01:00.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 16:29

Heat: 3/6 Lane : 1 Athlete: NGUYEN NATHAN — **Q-time: 01:44:26**

PB (25m pool): 01:44.26 4367 Crisnée 30/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.92		01:44.26	
		00:47.92		*00:56.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 16:29

Heat: 3/6 Lane : 2 Athlete: CARLIER NOHA — **Q-time: 01:42:25**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 16:31

Heat: 4/6 Lane : 6 Athlete: MEMA BRADY — **Q-time: 01:30:96**

PB (25m pool): 01:30.96 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:35.10 **SB:** 01:33.72 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.91		01:30.96	
	00:42.91		*00:48.05*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:5, starttime: 16:33

Heat: 5/6 Lane : 3 Athlete: COCRIAMONT THéO — **Q-time: 01:20:34**

PB (25m pool): 01:20.34 Mons 27/06/2026 **PB (50m pool):** 01:24.54 **SB:** 01:20.66 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.28		01:20.34	
	00:38.28		*00:42.06*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:6, starttime: 16:35

Heat: 6/6 Lane : 6 Athlete: LAMAASAB RAPHAëL — **Q-time: 01:18:72**

PB (25m pool): 01:18.72 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:25.20 **SB:** 01:18.72 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.05		01:18.72	
	00:37.05		*00:41.67*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 16:37

Heat: 1/7 Lane : 3 Athlete: LAZZOUNI DINA — **Q-time: 01:37:43**

PB (25m pool): 01:37.43 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:37.43 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.89		01:37.43	
		00:44.89		*00:52.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 16:37

Heat: 1/7 Lane : 4 Athlete: POGRADJA MAëLLY — **Q-time: 01:45:36**

PB (25m pool): 01:45.36 Zaventem 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.76		01:45.36	
		00:48.76		*00:56.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 16:40

Heat: 2/7 Lane : 4 Athlete: GROMADKA EMILIA — **Q-time: 01:25:71**

PB (25m pool): 01:25.71 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:25.71 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.94		01:25.71	
		00:40.94		*00:44.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 16:44

Heat: 4/7 Lane : 4 Athlete: CHARGOU SOPHIA — **Q-time: 01:11:88**

PB (25m pool): 01:11.88 Braine l Alleud 05/04/2026 **PB (50m pool):** 01:14.69 **SB:** 01:12.52 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.29		01:11.88	
		00:35.29		*00:36.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH Evaluation sheet for TEAM: CNSN

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 16:49

Heat: 7/7 Lane : 2 Athlete: LECHIFFLARD LéA — **Q-time: 01:03:21**

PB (25m pool): 01:03.19 Braine l Alleud 31/03/2024 **PB (50m pool):** 01:05.55 **SB:** 01:04.88 Sint-Pieters-Leeuw 18/10/2026

	25M	50M	75M	100M	
PB		no time		01:03.19	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 16:49

Heat: 7/7 Lane : 3 Athlete: DYS MAJA — **Q-time: 01:00:18**

PB (25m pool): 01:00.28 Braine l Alleud 05/04/2026 **PB (50m pool):** 01:01.10 **SB:** no time

	25M	50M	75M	100M	
PB		00:28.88		01:00.28	
		00:28.88		*00:31.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 16:49

Heat: 7/7 Lane : 5 Athlete: NANNI AUDREY — **Q-time: 01:03:50**

PB (25m pool): 01:03.50 Mons 28/06/2025 **PB (50m pool):** 01:04.88 **SB:** no time

	25M	50M	75M	100M	
PB		00:30.60		01:03.50	
		00:30.60		*00:32.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: