

# ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: LGN

Coachinfo: Warming up from: 12:20 untill 13:25. Teamleadmeeting @ 13:00

The listed starttimes are indicative!

Coaches: Gitsels Els HEADCOACH

PB => Personal Best time

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

| Event number: 1: 400M MEDLEY WOMEN 11+        |         |         |                        |         |         |             | Heat:4, starttime: 13:50 |         |
|-----------------------------------------------|---------|---------|------------------------|---------|---------|-------------|--------------------------|---------|
| Heat: 4/4    Lane : 1    Athlete: STAS LORANE |         |         |                        |         |         |             | Q-time: 05:35:00         |         |
| PB (25m pool): no time                        |         |         | PB (50m pool): no time |         |         | SB: no time |                          |         |
|                                               | 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                                            |         | no time |                        | no time |         | no time     |                          | no time |
|                                               | no time |         |                        |         |         |             |                          |         |
|                                               | .....   | .....   | .....                  | .....   | .....   | .....       | .....                    | .....   |
|                                               | 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                                            |         | no time |                        | no time |         | no time     |                          | no time |
|                                               |         |         |                        |         |         |             |                          |         |
|                                               | .....   | .....   | .....                  | .....   | .....   | .....       | .....                    | .....   |

Coach feedback:

| Event number: 1: 400M MEDLEY WOMEN 11+                |          |          |         |                                    |         |         | Heat:4, starttime: 13:50 |          |
|-------------------------------------------------------|----------|----------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 4/4    Lane : 5    Athlete: VAN HOVE PAULINE    |          |          |         |                                    |         |         | Q-time: 05:32:09         |          |
| PB (25m pool): 05:32.09    4367 Crisnée    29/11/2025 |          |          |         | PB (50m pool): 05:35.55SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:35.25 |         | no time                            |         | no time |                          | no time  |
|                                                       | 00:35.25 |          |         |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |         | no time                            |         | no time |                          | 05:32.09 |
|                                                       |          |          |         |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 2: 400M MEDLEY MEN 11+            |         |         |                        |         |         |             | Heat:2, starttime: 14:00 |         |
|-------------------------------------------------|---------|---------|------------------------|---------|---------|-------------|--------------------------|---------|
| Heat: 2/3    Lane : 2    Athlete: RENOUARD MAEL |         |         |                        |         |         |             | Q-time: 05:49:21         |         |
| PB (25m pool): no time                          |         |         | PB (50m pool): no time |         |         | SB: no time |                          |         |
|                                                 | 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                                              |         | no time |                        | no time |         | no time     |                          | no time |
|                                                 | no time |         |                        |         |         |             |                          |         |
|                                                 | .....   | .....   | .....                  | .....   | .....   | .....       | .....                    | .....   |
|                                                 | 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                                              |         | no time |                        | no time |         | no time     |                          | no time |
|                                                 |         |         |                        |         |         |             |                          |         |
|                                                 | .....   | .....   | .....                  | .....   | .....   | .....       | .....                    | .....   |

# ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: LGN

| Event number: 2: 400M MEDLEY MEN 11+                  |          |          |         |                                    |         |         | Heat:3, starttime: 14:10 |          |
|-------------------------------------------------------|----------|----------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 3/3    Lane : 1    Athlete: JORISSEN FINN       |          |          |         |                                    |         |         | Q-time: 05:26:79         |          |
| PB (25m pool): 05:26.79    4367 Crisnée    29/11/2025 |          |          |         | PB (50m pool): 05:40.81SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:42.40 |         | no time                            |         | no time |                          | no time  |
|                                                       | 00:42.40 |          |         |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |         | no time                            |         | no time |                          | 05:26.79 |
|                                                       |          |          |         |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 3: 400M FREESTYLE MIXED 9-10            |          |          |          |                                       |         |         | Heat:6, starttime: 14:55 |          |
|-------------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 6/8    Lane : 5    Athlete: MASSARD LOYC        |          |          |          |                                       |         |         | Q-time: 08:01:96         |          |
| PB (25m pool): 07:26.23    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): no time    SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:51.31 |          | 01:47.49                              |         | no time |                          | 03:39.38 |
|                                                       | 00:51.31 |          | 00:56.18 |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                               |         | no time |                          | 07:26.23 |
|                                                       |          |          |          |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 3: 400M FREESTYLE MIXED 9-10            |          |          |          |                                       |         |         | Heat:7, starttime: 15:05 |          |
|-------------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 7/8    Lane : 4    Athlete: LEDENT MATTHEW      |          |          |          |                                       |         |         | Q-time: 06:44:82         |          |
| PB (25m pool): 06:44.82    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): no time    SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:46.70 |          | 01:36.78                              |         | no time |                          | 03:19.12 |
|                                                       | 00:46.70 |          | 00:50.08 |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                               |         | no time |                          | 06:44.82 |
|                                                       |          |          |          |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

# ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: LGN

| Event number: 3: 400M FREESTYLE MIXED 9-10       |          |          |          |                                       |         |         | Heat:7, starttime: 15:05 |          |
|--------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 7/8    Lane : 5    Athlete: JORISSEN NIENE |          |          |          |                                       |         |         | Q-time: 07:04:66         |          |
| PB (25m pool): 07:04.66    Liège 12/10/2025      |          |          |          | PB (50m pool): no time    SB: no time |         |         |                          |          |
|                                                  | 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                                               |          | 00:43.08 |          | 01:34.06                              |         | no time |                          | 03:23.11 |
|                                                  | 00:43.08 |          | 00:50.98 |                                       |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                  | 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                                               |          | no time  |          | no time                               |         | no time |                          | 07:04.66 |
|                                                  |          |          |          |                                       |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 3: 400M FREESTYLE MIXED 9-10            |          |          |          |                                       |         |         | Heat:8, starttime: 15:15 |          |
|-------------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 2    Athlete: DUPONT ELLA         |          |          |          |                                       |         |         | Q-time: 06:08:90         |          |
| PB (25m pool): 06:08.90    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): no time    SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:41.54 |          | 01:38.16                              |         | no time |                          | 03:00.50 |
|                                                       | 00:41.54 |          | 00:56.62 |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                               |         | no time |                          | 06:08.90 |
|                                                       |          |          |          |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 3: 400M FREESTYLE MIXED 9-10            |          |          |          |                                       |         |         | Heat:8, starttime: 15:15 |          |
|-------------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 3    Athlete: THYSE LALY          |          |          |          |                                       |         |         | Q-time: 05:59:62         |          |
| PB (25m pool): 05:59.62    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): no time    SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:39.63 |          | 01:25.26                              |         | no time |                          | 02:58.45 |
|                                                       | 00:39.63 |          | 00:45.63 |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                               |         | no time |                          | 05:59.62 |
|                                                       |          |          |          |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

# ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: LGN

| Event number: 3: 400M FREESTYLE MIXED 9-10            |          |          |          |                                       |         |         | Heat:8, starttime: 15:15 |          |
|-------------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 4    Athlete: ROOMANS BAPTISTE    |          |          |          |                                       |         |         | Q-time: 06:02:65         |          |
| PB (25m pool): 06:02.65    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): no time    SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:40.27 |          | 01:26.11                              |         | no time |                          | 02:59.60 |
|                                                       | 00:40.27 |          | 00:45.84 |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                               |         | no time |                          | 06:02.65 |
|                                                       |          |          |          |                                       |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 4: 400M FREESTYLE WOMEN 11-12       |         |         |                                       |         |         |         | Heat:5, starttime: 15:50 |         |
|---------------------------------------------------|---------|---------|---------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 5/8    Lane : 4    Athlete: JACOBY APOLLINE |         |         |                                       |         |         |         | Q-time: 05:57:39         |         |
| PB (25m pool): no time                            |         |         | PB (50m pool): no time    SB: no time |         |         |         |                          |         |
|                                                   | 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                                                |         | no time |                                       | no time |         | no time |                          | no time |
|                                                   | no time |         |                                       |         |         |         |                          |         |
|                                                   | .....   | .....   | .....                                 | .....   | .....   | .....   | .....                    | .....   |
|                                                   | 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                                                |         | no time |                                       | no time |         | no time |                          | no time |
|                                                   |         |         |                                       |         |         |         |                          |         |
|                                                   | .....   | .....   | .....                                 | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 4: 400M FREESTYLE WOMEN 11-12           |          |          |          |                                    |         |         | Heat:6, starttime: 15:55 |          |
|-------------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 6/8    Lane : 6    Athlete: HANSOUL CHARLOTTE   |          |          |          |                                    |         |         | Q-time: 05:49:22         |          |
| PB (25m pool): 05:49.22    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): 05:58.14SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:39.81 |          | 01:24.59                           |         | no time |                          | 02:54.44 |
|                                                       | 00:39.81 |          | 00:44.78 |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                            |         | no time |                          | 05:49.22 |
|                                                       |          |          |          |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

# ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: LGN

| Event number: 4: 400M FREESTYLE WOMEN 11-12      |          |          |          |                                    |         |         | Heat:8, starttime: 16:10 |          |
|--------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 2    Athlete: MORENO NOÉLINE |          |          |          |                                    |         |         | Q-time: 05:00:30         |          |
| PB (25m pool): 05:18.82    Liège 12/10/2025      |          |          |          | PB (50m pool): 05:00.30SB: no time |         |         |                          |          |
|                                                  | 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                                               |          | 00:34.86 |          | 01:14.30                           |         | no time |                          | 02:35.84 |
|                                                  | 00:34.86 |          | 00:39.44 |                                    |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                  | 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                                               |          | no time  |          | no time                            |         | no time |                          | 05:18.82 |
|                                                  |          |          |          |                                    |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 4: 400M FREESTYLE WOMEN 11-12      |          |          |          |                                    |         |         | Heat:8, starttime: 16:10 |          |
|--------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 4    Athlete: PONCELET NIENE |          |          |          |                                    |         |         | Q-time: 04:57:12         |          |
| PB (25m pool): 05:14.76    Liège 12/10/2025      |          |          |          | PB (50m pool): 04:57.12SB: no time |         |         |                          |          |
|                                                  | 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                                               |          | 00:35.14 |          | 01:14.27                           |         | no time |                          | 02:34.46 |
|                                                  | 00:35.14 |          | 00:39.13 |                                    |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                  | 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                                               |          | no time  |          | no time                            |         | no time |                          | 05:14.76 |
|                                                  |          |          |          |                                    |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 4: 400M FREESTYLE WOMEN 11-12        |          |          |          |                                    |         |         | Heat:8, starttime: 16:10 |          |
|----------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 5    Athlete: SCAGLIONE LOUISE |          |          |          |                                    |         |         | Q-time: 05:08:06         |          |
| PB (25m pool): 05:26.60    Liège 12/10/2025        |          |          |          | PB (50m pool): 05:08.06SB: no time |         |         |                          |          |
|                                                    | 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                                                 |          | 00:36.69 |          | 01:17.43                           |         | no time |                          | 02:40.69 |
|                                                    | 00:36.69 |          | 00:40.74 |                                    |         |         |                          |          |
|                                                    | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                    | 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                                                 |          | no time  |          | no time                            |         | no time |                          | 05:26.60 |
|                                                    |          |          |          |                                    |         |         |                          |          |
|                                                    | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

# ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: LGN

| Event number: 4: 400M FREESTYLE WOMEN 11-12      |          |          |          |                                    |         |         | Heat:8, starttime: 16:10 |          |
|--------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 8/8    Lane : 6    Athlete: BOUVEROUX NINA |          |          |          |                                    |         |         | Q-time: 05:12:04         |          |
| PB (25m pool): 05:30.66    Liège 12/10/2025      |          |          |          | PB (50m pool): 05:12.04SB: no time |         |         |                          |          |
|                                                  | 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                                               |          | 00:38.50 |          | 01:20.76                           |         | no time |                          | 02:45.57 |
|                                                  | 00:38.50 |          | 00:42.26 |                                    |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                  | 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                                               |          | no time  |          | no time                            |         | no time |                          | 05:30.66 |
|                                                  |          |          |          |                                    |         |         |                          |          |
|                                                  | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 5: 400M FREESTYLE MEN 11-12                    |          |          |          |                                    |         |         | Heat:4, starttime: 16:40 |          |
|--------------------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 4/5    Lane : 2    Athlete: MISCORIA-BAGANELLA GABRIEL |          |          |          |                                    |         |         | Q-time: 05:28:38         |          |
| PB (25m pool): 05:28.38    4367 Crisnée    30/05/2026        |          |          |          | PB (50m pool): 05:18.58SB: no time |         |         |                          |          |
|                                                              | 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                                                           |          | 00:36.30 |          | 01:18.17                           |         | no time |                          | 02:42.85 |
|                                                              | 00:36.30 |          | 00:41.87 |                                    |         |         |                          |          |
|                                                              | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                              | 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                                                           |          | no time  |          | no time                            |         | no time |                          | 05:28.38 |
|                                                              |          |          |          |                                    |         |         |                          |          |
|                                                              | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 5: 400M FREESTYLE MEN 11-12             |          |          |          |                                    |         |         | Heat:5, starttime: 16:45 |          |
|-------------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 5/5    Lane : 1    Athlete: SCHROYEN BENJAMIN   |          |          |          |                                    |         |         | Q-time: 05:06:26         |          |
| PB (25m pool): 05:06.26    4367 Crisnée    30/05/2026 |          |          |          | PB (50m pool): 05:07.70SB: no time |         |         |                          |          |
|                                                       | 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                                                    |          | 00:33.77 |          | 01:12.49                           |         | no time |                          | 02:30.95 |
|                                                       | 00:33.77 |          | 00:38.72 |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                       | 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                                                    |          | no time  |          | no time                            |         | no time |                          | 05:06.26 |
|                                                       |          |          |          |                                    |         |         |                          |          |
|                                                       | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback: