

CB-BK WE1 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vanmeerbeek Rob HEADCOACH

Coaches: Mous Anke

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

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:13, starttime: 09:05

Heat: 13/14 Lane : 1 Athlete: GINKELS FEBE Q-time: 02:18:84

PB (50m pool): 02:27.15 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 02:18.84 SB: 02:27.15 Olympic Pool Wezenberg, Antwer 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.96	01:10.35	01:49.16	02:27.15	
	00:32.96	00:37.39	00:38.81	00:37.99	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14 Heat:5, starttime: 09:26

Heat: 5/11 Lane : 2 Athlete: NAUDé DANIËL Q-time: 02:42:44

PB (50m pool): 02:48.64 Antwerpen 19/04/2026 PB (25m pool): 02:42.44 SB: 02:48.64 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.67	01:21.78	02:05.90	02:48.64	
	00:38.67	00:43.11	00:44.12	00:42.74	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14 Heat:6, starttime: 09:30

Heat: 6/11 Lane : 2 Athlete: ROOMAN ALEXIS Q-time: 02:39:77

PB (50m pool): no time PB (25m pool): 02:39.77 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:11, starttime: 09:48
Heat: 11/11 Lane : 2 Athlete: RATIU MATHEO					Q-time: 02:24:09
PB (50m pool): 02:31.25 Molenbeek 01/02/2026					PB (25m pool): 02:24.09 SB: 02:31.25 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.62	no time	02:31.25	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:4, starttime: 10:02
Heat: 4/20 Lane : 8 Athlete: DE RYCK HANNE					Q-time: 03:11:93
PB (50m pool): 03:36.96 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 03:11.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.68	01:48.14	02:50.28	03:36.96	
	00:52.68	00:55.46	01:02.14	00:46.68	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:5, starttime: 10:06
Heat: 5/20 Lane : 2 Athlete: VAN HOUDT SEOANE LISA					Q-time: 03:10:97
PB (50m pool): 03:17.53 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 03:21.84 SB: 03:17.53 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.65	01:38.83	02:37.43	03:17.53	
	00:51.65	00:47.18	00:58.60	00:40.10	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:9, starttime: 10:21
Heat: 9/20 Lane : 7 Athlete: SIMONS HANNA					Q-time: 03:03:39
PB (50m pool): 03:21.23 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 03:03.39 SB: 03:21.23 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.81	01:38.37	02:38.59	03:21.23	
	00:44.81	00:53.56	01:00.22	00:42.64	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:10, starttime: 10:24
Heat: 10/20 Lane : 3 Athlete: TYAGI YASHWINI					Q-time: 02:59:44
PB (50m pool): 02:59.77 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:59.44 SB: 02:59.77 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.67	01:26.86	02:20.18	02:59.77	
	00:39.67	00:47.19	00:53.32	00:39.59	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:11, starttime: 10:28
Heat: 11/20 Lane : 1 Athlete: DE VOCHT FLORE					Q-time: 02:58:95
PB (50m pool): 02:58.95 Seraing 14/05/2026 PB (25m pool): 03:00.10 SB: 02:58.95 Seraing 14/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.28	01:25.71	02:20.60	02:58.95	
	00:39.28	00:46.43	00:54.89	00:38.35	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:18, starttime: 10:52
Heat: 18/20 Lane : 2 Athlete: ANTIPINA ALEXANDRA					Q-time: 02:49:24
PB (50m pool): 02:50.17 Antwerpen 08/03/2026 PB (25m pool): 02:49.24 SB: 02:50.17 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.28	01:20.89	02:12.95	02:50.17	
	00:36.28	00:44.61	00:52.06	00:37.22	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:18, starttime: 10:52
Heat: 18/20 Lane : 6 Athlete: SOARES ALMEIDA ANNA					Q-time: 02:49:12
PB (50m pool): 02:53.65 Aalst 27/06/2026 PB (25m pool): 02:49.12 SB: 02:53.65 Aalst 27/06/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.02	01:26.20	02:13.84	02:53.65	
	00:39.02	00:47.18	00:47.64	00:39.81	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:20, starttime: 10:58
Heat: 20/20 Lane : 3 Athlete: PEERSMAN MALIN					Q-time: 02:41:20
PB (50m pool): 02:42.59 Seraing 14/05/2026					PB (25m pool): 02:41.20 SB: 02:42.59 Seraing 14/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.65	01:18.83	02:07.14	02:42.59	
	00:35.65	00:43.18	00:48.31	00:35.45	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:20, starttime: 10:58
Heat: 20/20 Lane : 6 Athlete: ROGIERS LAYLA					Q-time: 02:41:29
PB (50m pool): 02:42.42 Antwerpen 08/03/2026					PB (25m pool): 02:41.29 SB: 02:42.42 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.33	01:16.93	02:06.59	02:42.42	
	00:34.33	00:42.60	00:49.66	00:35.83	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:12, starttime: 11:29
Heat: 12/12 Lane : 4 Athlete: GINKELS ROBBE					Q-time: 01:11:66
PB (50m pool): 01:14.79 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 01:11.66 SB: 01:14.79 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:36.59	01:14.79			
	00:36.59	00:38.20			
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:12, starttime: 11:29
Heat: 12/12 Lane : 6 Athlete: RATIU THOMAS					Q-time: 01:14:31
PB (50m pool): 01:15.24 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 01:14.31 SB: 01:15.24 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:37.21	01:15.24			
	00:37.21	00:38.03			
					

Coach feedback:

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Event number: 5: 100M BUTTERFLY WOMEN 13-14										Heat:5, starttime: 11:38	
Heat: 5/6 Lane : 6 Athlete: GINKELS FEBE								Q-time: 01:10:89			
PB (50m pool): 01:10.89 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:12.84 SB: 01:10.89 Zwembad Brigitte Becue 26/04/2026											
	5 0 M		1 0 0 M								
PB	00:32.71		01:10.89								
	00:32.71		00:38.18								
											

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:8, starttime: 12:26	
Heat: 8/8 Lane : 8 Athlete: RATIU MATHEO							Q-time: 05:19:21	
PB (50m pool): 05:25.84 Antwerpen 08/03/2026							PB (25m pool): 05:19.21 SB: 05:25.84 Antwerpen 08/03/2026	
	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	00:33.49	01:12.65	01:55.49	02:36.52	03:23.30	04:09.87	04:48.97	05:25.84
	00:33.49	00:39.16	00:42.84	00:41.03	00:46.78	00:46.57	00:39.10	00:36.87
								

Coach feedback:

Event number: 7: 4x100M MEDLEY MIXED 11-12							Heat:3, starttime: 12:45	
Heat: 3/3 Lane : 4 Athlete: TEAM LAQUA 1							Q-time: 04:58:71	
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:

Event number: 8: 4x100M MEDLEY MIXED 13-14							Heat:3, starttime: 13:04	
Heat: 3/4 Lane : 1 Athlete: TEAM LAQUA 1							Q-time: 04:57:24	
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: