

CB-BK WE1 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 12:30 untill 14:15. 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: 24: 200M MEDLEY MEN 13-14					Heat:4, starttime: 14:40
Heat: 4/17 Lane : 2 Athlete: NAUDé DANIËL					Q-time: 02:47:79
PB (50m pool): 03:01.66 Antwerpen 13/07/2025					PB (25m pool): 02:47.79 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.83	01:26.69	02:21.61	03:01.66	
	00:41.83	00:44.86	00:54.92	00:40.05	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:8, starttime: 14:53
Heat: 8/17 Lane : 3 Athlete: ROOMAN ALEXIS					Q-time: 02:41:67
PB (50m pool): 02:41.67 Antwerpen 08/03/2026					PB (25m pool): 02:42.45 SB: 02:41.67 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.56	01:19.03	02:06.08	02:41.67	
	00:35.56	00:43.47	00:47.05	00:35.59	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:17, starttime: 15:21
Heat: 17/17 Lane : 8 Athlete: RATIU MATHEO					Q-time: 02:27:18
PB (50m pool): 02:27.75 Seraing 14/05/2026					PB (25m pool): 02:27.18 SB: 02:27.75 Seraing 14/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.40	01:07.40	01:52.69	02:27.75	
	00:30.40	00:37.00	00:45.29	00:35.06	
					

Coach feedback:

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Event number: 25: 200M BUTTERFLY WOMEN 13-14					Heat:1, starttime: 15:25
Heat: 1/2 Lane : 3 Athlete: GINKELS FEBE					Q-time: 02:41:41
PB (50m pool): 02:53.16 Antwerpen 08/03/2026			PB (25m pool): 02:41.41 SB: 02:53.16 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.11	01:22.82	02:10.60	02:53.16	
	00:38.11	00:44.71	00:47.78	00:42.56	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:14, starttime: 15:54
Heat: 14/14 Lane : 3 Athlete: GINKELS ROBBE					Q-time: 01:04:70
PB (50m pool): 01:04.70 Aalst 27/06/2026			PB (25m pool): 01:05.00 SB: 01:04.70 Aalst 27/06/2026		
	5 0 M	1 0 0 M			
PB	00:31.17	01:04.70			
	00:31.17	00:33.53			
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:14, starttime: 15:54
Heat: 14/14 Lane : 8 Athlete: RATIU THOMAS					Q-time: 01:05:36
PB (50m pool): 01:05.36 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:06.15 SB: 01:05.36 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M			
PB	00:31.78	01:05.36			
	00:31.78	00:33.58			
					

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 16:03	
Heat: 2/15 Lane : 6 Athlete: DE RYCK HANNE							Q-time: 05:52:29	
PB (50m pool): 05:52.29 Aalst 27/06/2026			PB (25m pool): 06:14.57 SB: 05:52.29 Aalst 27/06/2026					
	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	00:39.35	01:25.26	02:11.06	02:57.11	03:42.45	04:27.24	05:11.08	05:52.29
	00:39.35	00:45.91	00:45.80	00:46.05	00:45.34	00:44.79	00:43.84	00:41.21
								

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:34	
Heat: 7/15 Lane : 4 Athlete: DE VOCHT FLORE							Q-time: 05:30:26	
PB (50m pool): 05:30.26 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 05:39.55 SB: 05:30.26 Zwembad Brigitte Becue 26/04/2026								
	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	00:37.79	01:20.23	02:02.18	02:44.05	03:26.60	04:08.83	04:49.66	05:30.26
	00:37.79	00:42.44	00:41.95	00:41.87	00:42.55	00:42.23	00:40.83	00:40.60
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:34	
Heat: 7/15 Lane : 8 Athlete: SIMONS HANNA							Q-time: 05:34:40	
PB (50m pool): no time			PB (25m pool): 05:34.40 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:10, starttime: 16:52	
Heat: 10/15 Lane : 1 Athlete: SOARES ALMEIDA ANNA							Q-time: 05:25:49	
PB (50m pool): 05:32.17 Antwerpen 19/04/2026								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:13, starttime: 17:10	
Heat: 13/15 Lane : 2 Athlete: ANTIPINA ALEXANDRA							Q-time: 05:17:53	
PB (50m pool): 05:17.53 Antwerpen 19/04/2026				PB (25m pool): 06:00.41 SB: 05:17.53 Antwerpen 19/04/2026				
	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	00:34.78	01:14.86	01:54.87	02:35.47	03:15.92	03:57.04	04:37.36	05:17.53
	00:34.78	00:40.08	00:40.01	00:40.60	00:40.45	00:41.12	00:40.32	00:40.17
								

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:15, starttime: 17:21	
Heat: 15/15 Lane : 3 Athlete: PEERSMAN MALIN							Q-time: 05:01:50	
PB (50m pool): 05:03.32 Seraing 14/05/2026				PB (25m pool): 05:01.50SB: 05:03.32 Seraing 14/05/2026				
	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	00:34.88	01:13.59	01:52.85	02:31.88	03:11.17	03:49.75	04:27.39	05:03.32
	00:34.88	00:38.71	00:39.26	00:39.03	00:39.29	00:38.58	00:37.64	00:35.93
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:15, starttime: 17:21	
Heat: 15/15 Lane : 8 Athlete: ROGIERS LAYLA							Q-time: 05:07:67	
PB (50m pool): 05:07.67 Antwerpen 20/07/2025				PB (25m pool): 05:31.05SB: 05:18.78 Seraing 14/05/2026				
	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	00:35.42	01:14.87	01:54.49	02:34.11	03:13.91	03:54.65	04:33.97	05:07.67
	00:35.42	00:39.45	00:39.62	00:39.62	00:39.80	00:40.74	00:39.32	00:33.70
								

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14										Heat:6, starttime: 17:35	
Heat: 6/8 Lane : 5 Athlete: RATIU MATHEO										Q-time: 01:00:45	
PB (50m pool): 01:01.60 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:01.92 SB: 01:01.60 Zwembad Brigitte Becue 26/04/2026											
	5 0 M		1 0 0 M								
PB	00:29.22		01:01.60								
	00:29.22		00:32.38								
											

Coach feedback:

Event number: 30: 4x100M FREESTYLE WOMEN 11-12							Heat:2, starttime: 18:19	
Heat: 2/3 Lane : 2 Athlete: TEAM LAQUA 2							Q-time: 05:02:69	
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:

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Event number: 30: 4x100M FREESTYLE WOMEN 11-12							Heat:3, starttime: 18:25	
Heat: 3/3 Lane : 5 Athlete: TEAM LAQUA 1							Q-time: 04:34:17	
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: