

CB-BK WE1 2026: Session: 5: 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: 33: 800M FREESTYLE WOMEN 13-14 Heat:1, starttime: 09:19

Heat: 1/3 Lane : 5 Athlete: GINKELS FEBE Q-time: 10:17:49

PB (50m pool): 11:01.28 Wachtebeke 02/03/2025 PB (25m pool): 10:17.49 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	01:19.84	no time	02:43.63	no time	no time	no time	05:31.11
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	11:01.28
								

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12 Heat:11, starttime: 10:12

Heat: 11/11 Lane : 5 Athlete: GINKELS ROBBE Q-time: 01:11:07

PB (50m pool): 01:11.35 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:11.07 SB: 01:11.35 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:33.82	01:11.35	
	00:33.82	00:37.53	
			

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12 Heat:11, starttime: 10:12

Heat: 11/11 Lane : 6 Athlete: RATIU THOMAS Q-time: 01:12:65

PB (50m pool): 01:12.65 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:14.10 SB: 01:12.65 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:34.79	01:12.65	
	00:34.79	00:37.86	
			

Coach feedback:

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:2, starttime: 10:16
Heat: 2/20 Lane : 2 Athlete: DE RYCK HANNE			Q-time: 01:22:34
PB (50m pool): 01:22.34 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:26.12 SB: 01:22.34 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:39.32	01:22.34	
	00:39.32	00:43.02	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:6, starttime: 10:24
Heat: 6/20 Lane : 2 Athlete: VAN HOUDT SEOANE LISA			Q-time: 01:18:14
PB (50m pool): 01:18.14 Antwerpen 15/03/2026 PB (25m pool): 01:40.55 SB: 01:18.14 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:38.25	01:18.14	
	00:38.25	00:39.89	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:8, starttime: 10:27
Heat: 8/20 Lane : 6 Athlete: SIMONS HANNA			Q-time: 01:16:11
PB (50m pool): 01:16.11 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:30.91 SB: 01:16.11 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.79	01:16.11	
	00:35.79	00:40.32	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:11, starttime: 10:32
Heat: 11/20 Lane : 7 Athlete: TYAGI YASHWINI			Q-time: 01:14:18
PB (50m pool): 01:14.18 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:17.12 SB: 01:14.18 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.63	01:14.18	
	00:35.63	00:38.55	
			

Coach feedback:

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:14, starttime: 10:38
Heat: 14/20 Lane : 2 Athlete: DE VOCHT FLORE			Q-time: 01:11:90
PB (50m pool): 01:14.65 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:11.90 SB: 01:14.65 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:36.16	01:14.65	
	00:36.16	00:38.49	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:15, starttime: 10:39
Heat: 15/20 Lane : 8 Athlete: SOARES ALMEIDA ANNA			Q-time: 01:11:47
PB (50m pool): 01:14.40 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:11.47 SB: 01:14.40 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:36.41	01:14.40	
	00:36.41	00:37.99	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:18, starttime: 10:44
Heat: 18/20 Lane : 4 Athlete: ANTIPINA ALEXANDRA			Q-time: 01:07:82
PB (50m pool): 01:07.82 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:09.67 SB: 01:07.82 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:32.59	01:07.82	
	00:32.59	00:35.23	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:20, starttime: 10:48
Heat: 20/20 Lane : 3 Athlete: ROGIERS LAYLA			Q-time: 01:04:73
PB (50m pool): 01:05.75 Antwerpen 08/03/2026			PB (25m pool): 01:04.73 SB: 01:05.75 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.30	01:05.75	
	00:31.30	00:34.45	
			

Coach feedback:

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:20, starttime: 10:48
Heat: 20/20 Lane : 8 Athlete: PEERSMAN MALIN			Q-time: 01:06:20
PB (50m pool): 01:06.20 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:07.43 SB: 01:06.20 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:32.36	01:06.20	
	00:32.36	00:33.84	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14			Heat:3, starttime: 10:54
Heat: 3/10 Lane : 2 Athlete: NAUDé DANIël			Q-time: 01:16:68
PB (50m pool): 01:16.68 Aalst 27/06/2026 PB (25m pool): 01:18.20 SB: 01:16.68 Aalst 27/06/2026			
	5 0 M	1 0 0 M	
PB	00:36.67	01:16.68	
	00:36.67	00:40.01	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14			Heat:4, starttime: 10:57
Heat: 4/10 Lane : 7 Athlete: ROOMAN ALEXIS			Q-time: 01:15:87
PB (50m pool): 01:19.07 Molenbeek 01/02/2026 PB (25m pool): 01:15.87 SB: 01:19.07 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:19.07	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14			Heat:9, starttime: 11:08
Heat: 9/10 Lane : 3 Athlete: RATIU MATHEO			Q-time: 01:08:44
PB (50m pool): 01:09.38 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:08.44 SB: 01:09.38 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.66	01:09.38	
	00:33.66	00:35.72	
			

Coach feedback:

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:7, starttime: 11:33
Heat: 7/8 Lane : 8 Athlete: GINKELS FEBE					Q-time: 02:58:28
PB (50m pool): 03:08.69 Antwerpen 08/03/2026					PB (25m pool): 02:58.28 SB: 03:08.69 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.72	01:30.97	02:19.60	03:08.69	
	00:42.72	00:48.25	00:48.63	00:49.09	
					

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14					Heat:8, starttime: 11:54
Heat: 8/8 Lane : 2 Athlete: RATIU MATHEO					Q-time: 01:14:13
PB (50m pool): 01:15.25 Antwerpen 08/03/2026					PB (25m pool): 01:17.27 SB: 01:15.25 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:34.93	01:15.25			
	00:34.93	00:40.32			
					

Coach feedback:

Event number: 39: 4x100M FREESTYLE MIXED 11-12							Heat:3, starttime: 12:08	
Heat: 3/3 Lane : 4 Athlete: TEAM LAQUA 1							Q-time: 04:22:01	
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: 40: 4x100M FREESTYLE MIXED 13-14							Heat:2, starttime: 12:19	
Heat: 2/3 Lane : 8 Athlete: TEAM LAQUA 1							Q-time: 04:25:34	
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: