

# CB-BK WE1 2026: Session: 6: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 12:30 untill 13:15. 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: 41: 200M MEDLEY WOMEN 13-14 Heat:18, starttime: 15:26

Heat: 18/20 Lane : 2 Athlete: GINKELS FEBE Q-time: 02:38:17

PB (50m pool): 02:42.61 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:38.17 SB: 02:42.61 Zwembad Brigitte Becue 26/04/2026

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:34.43  | 01:17.69  | 02:05.96  | 02:42.61  |  |
|    | 00:34.43  | 00:43.26  | 00:48.27  | 00:36.65  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 42: 200M BUTTERFLY MEN 13-14 Heat:3, starttime: 15:42

Heat: 3/3 Lane : 3 Athlete: RATIU MATHEO Q-time: 02:27:69

PB (50m pool): 02:40.11 Antwerpen 08/03/2026 PB (25m pool): 02:27.69 SB: 02:40.11 Antwerpen 08/03/2026

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:32.85  | 01:12.40  | 01:55.04  | 02:40.11  |  |
|    | 00:32.85  | 00:39.55  | 00:42.64  | 00:45.07  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 43: 100M BREASTSTROKE WOMEN 11-12 Heat:1, starttime: 15:46

Heat: 1/19 Lane : 4 Athlete: DE RYCK HANNE Q-time: 01:49:49

PB (50m pool): 01:49.49 Aalst 27/06/2026 PB (25m pool): 01:51.51 SB: 01:49.49 Aalst 27/06/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:52.66  | 01:49.49  |  |
|    | 00:52.66  | 00:56.83  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

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| Event number: 43: 100M BREASTSTROKE WOMEN 11-12                                                                                  |           |           | Heat:2, starttime: 15:48 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 2/19 Lane : 6 Athlete: SIMONS HANNA                                                                                        |           |           | Q-time: 01:48:39         |
| PB (50m pool): 01:48.39 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:54.14 SB: 01:48.39 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:50.25  | 01:48.39  |                          |
|                                                                                                                                  | 00:50.25  | 00:58.14  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 43: 100M BREASTSTROKE WOMEN 11-12                                                                                  |           |           | Heat:4, starttime: 15:53 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/19 Lane : 2 Athlete: VAN HOUDT SEOANE LISA                                                                               |           |           | Q-time: 01:44:65         |
| PB (50m pool): 01:44.65 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:47.53 SB: 01:44.65 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:50.81  | 01:44.65  |                          |
|                                                                                                                                  | 00:50.81  | 00:53.84  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 43: 100M BREASTSTROKE WOMEN 11-12                                                        |           |           | Heat:9, starttime: 16:04 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 9/19 Lane : 8 Athlete: TYAGI YASHWINI                                                            |           |           | Q-time: 01:39:18         |
| PB (50m pool): 01:40.60 Antwerpen 15/03/2026 PB (25m pool): 01:41.13 SB: 01:40.60 Antwerpen 15/03/2026 |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                     | 00:47.48  | 01:40.60  |                          |
|                                                                                                        | 00:47.48  | 00:53.12  |                          |
|                                                                                                        | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 43: 100M BREASTSTROKE WOMEN 11-12                                                                                  |           |           | Heat:10, starttime: 16:06 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 10/19 Lane : 8 Athlete: DE VOCHT FLORE                                                                                     |           |           | Q-time: 01:38:41          |
| PB (50m pool): 01:40.64 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:39.09 SB: 01:40.64 Zwembad Brigitte Becue 26/04/2026 |           |           |                           |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                                                               | 00:48.92  | 01:40.64  |                           |
|                                                                                                                                  | 00:48.92  | 00:51.72  |                           |
|                                                                                                                                  | . . . . . | . . . . . |                           |

Coach feedback:

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| Event number: 43: 100M BREASTSTROKE WOMEN 11-12  |           |           | Heat:11, starttime: 16:08                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 11/19 Lane : 5 Athlete: ANTIPINA ALEXANDRA |           |           | Q-time: 01:36:55                                          |
| PB (50m pool): 01:38.22 Antwerpen 08/03/2026     |           |           | PB (25m pool): 01:36.55 SB: 01:38.22 Antwerpen 08/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:46.24  | 01:38.22  |                                                           |
|                                                  | 00:46.24  | 00:51.98  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 43: 100M BREASTSTROKE WOMEN 11-12   |           |           | Heat:17, starttime: 16:20                                              |
|---------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 17/19 Lane : 1 Athlete: SOARES ALMEIDA ANNA |           |           | Q-time: 01:27:90                                                       |
| PB (50m pool): 01:31.70 Antwerpen 20/07/2025      |           |           | PB (25m pool): 01:27.90 SB: 01:32.02 Zwembad Brigitte Becue 26/04/2026 |
|                                                   | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                | 00:43.52  | 01:31.70  |                                                                        |
|                                                   | 00:43.52  | 00:48.18  |                                                                        |
|                                                   | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 43: 100M BREASTSTROKE WOMEN 11-12 |           |           | Heat:18, starttime: 16:22                                 |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/19 Lane : 3 Athlete: PEERSMAN MALIN    |           |           | Q-time: 01:26:19                                          |
| PB (50m pool): 01:26.19 Antwerpen 08/03/2026    |           |           | PB (25m pool): 01:27.34 SB: 01:26.19 Antwerpen 08/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:41.37  | 01:26.19  |                                                           |
|                                                 | 00:41.37  | 00:44.82  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 43: 100M BREASTSTROKE WOMEN 11-12 |           |           | Heat:19, starttime: 16:24                                 |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/19 Lane : 4 Athlete: ROGIERS LAYLA     |           |           | Q-time: 01:22:41                                          |
| PB (50m pool): 01:25.07 Antwerpen 20/07/2025    |           |           | PB (25m pool): 01:24.12 SB: 01:26.69 Antwerpen 08/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:40.39  | 01:25.07  |                                                           |
|                                                 | 00:40.39  | 00:44.68  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 44: 100M BREASTSTROKE MEN 11-12      |           |  |  |  |           |  |  |  |  | Heat:10, starttime: 16:46 |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------|-----------|--|--|--|-----------|--|--|--|--|---------------------------|--|--|--|--|----------------------------------------------------------------|--|--|--|--|--|--|--|--|--|
| Heat: 10/11    Lane : 4    Athlete: GINKELS ROBBE  |           |  |  |  |           |  |  |  |  |                           |  |  |  |  | Q-time: 01:24:79                                               |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 01:24.95    Antwerpen    08/03/2026 |           |  |  |  |           |  |  |  |  |                           |  |  |  |  | PB (25m pool): 01:24.79SB: 01:24.95    Antwerpen    08/03/2026 |  |  |  |  |  |  |  |  |  |
|                                                    | 5 0 M     |  |  |  | 1 0 0 M   |  |  |  |  |                           |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |
| PB                                                 | 00:40.54  |  |  |  | 01:24.95  |  |  |  |  |                           |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |
|                                                    | 00:40.54  |  |  |  | 00:44.41  |  |  |  |  |                           |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |
|                                                    | . . . . . |  |  |  | . . . . . |  |  |  |  |                           |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |

Coach feedback:

| Event number: 44: 100M BREASTSTROKE MEN 11-12                                                                                    |           |  |           |  |  |  |  |  |  | Heat:10, starttime: 16:46 |  |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|---------------------------|--|
| Heat: 10/11 Lane : 5 Athlete: RATIU THOMAS                                                                                       |           |  |           |  |  |  |  |  |  | Q-time: 01:25:22          |  |
| PB (50m pool): 01:25.22 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:28.94 SB: 01:25.22 Zwembad Brigitte Becue 26/04/2026 |           |  |           |  |  |  |  |  |  |                           |  |
|                                                                                                                                  | 5 0 M     |  | 1 0 0 M   |  |  |  |  |  |  |                           |  |
| PB                                                                                                                               | 00:41.05  |  | 01:25.22  |  |  |  |  |  |  |                           |  |
|                                                                                                                                  | 00:41.05  |  | 00:44.17  |  |  |  |  |  |  |                           |  |
|                                                                                                                                  | . . . . . |  | . . . . . |  |  |  |  |  |  |                           |  |

Coach feedback:

| Event number: 46: 4x100M MEDLEY WOMEN 11-12 |       |         |                |         |         | Heat:1, starttime: 17:36 |         |         |
|---------------------------------------------|-------|---------|----------------|---------|---------|--------------------------|---------|---------|
| Heat: 1/2 Lane : 7 Athlete: TEAM LAQUA 2    |       |         |                |         |         | Q-time: 06:00:03         |         |         |
| 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: 46: 4x100M MEDLEY WOMEN 11-12 |       |         |                |         |         | Heat:2, starttime: 17:43 |         |         |
|---------------------------------------------|-------|---------|----------------|---------|---------|--------------------------|---------|---------|
| Heat: 2/2 Lane : 2 Athlete: TEAM LAQUA 1    |       |         |                |         |         | Q-time: 05:24:15         |         |         |
| 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: 48: 4x100M MEDLEY WOMEN 13-14    |           |           |                |           |           |           | Heat:1, starttime: 18:00 |           |
| Heat: 1/3    Lane : 7    Athlete: TEAM LAQUA 1 |           |           |                |           |           |           | Q-time: 05:37:03         |           |
| 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: