

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 07:45 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vanmeerbeek Rob HEADCOACH

Coaches: Tampieri Matteo

Coaches: Mous Anke

Coaches: Limme Rajan

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN 13-14			Heat:3, starttime: 09:05
Heat: 3/4 Lane : 7 Athlete: DERAEMAECKER LANDER			Q-time: 01:27:10
PB (50m pool): 01:27.10 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:35.83 SB: 01:27.10 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:39.09	01:27.10	
	00:39.09	00:48.01	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN 13-14			Heat:4, starttime: 09:07
Heat: 4/4 Lane : 5 Athlete: DERAEMAECKER MATHIAS			Q-time: 01:13:19
PB (50m pool): 01:13.19 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.62 SB: 01:13.19 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.37	01:13.19	
	00:33.37	00:39.82	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:3, starttime: 09:13
Heat: 3/9 Lane : 2 Athlete: LAPEIRRE TIEBEN			Q-time: 01:28:46
PB (50m pool): 01:28.46 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:26.00 SB: 01:28.46 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:41.98	01:28.46	
	00:41.98	00:46.48	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:7, starttime: 09:21
Heat: 7/9 Lane : 8 Athlete: VRANCKX BOUDEWIJN			Q-time: 01:19:82
PB (50m pool): 01:19.82 Antwerpen 15/03/2026			PB (25m pool): 01:16.18 SB: 01:19.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.50	01:19.82	
	00:38.50	00:41.32	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 09:23
Heat: 8/9 Lane : 2 Athlete: STUMM CHARLES			Q-time: 01:16:61
PB (50m pool): 01:16.61 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:18.29 SB: 01:16.61 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:35.21	01:16.61	
	00:35.21	00:41.40	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:9, starttime: 09:25
Heat: 9/9 Lane : 7 Athlete: SLOOTMAEKERS MATTEO			Q-time: 01:14:49
PB (50m pool): 01:17.24 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:14.49 SB: 01:17.24 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:35.40	01:17.24	
	00:35.40	00:41.84	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:10, starttime: 09:42
Heat: 10/15 Lane : 7 Athlete: BURSSSENS EMMA			Q-time: 01:08:11
PB (50m pool): 01:08.11 Antwerpen 13/07/2025			PB (25m pool): 01:06.16 SB: 01:08.13 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:32.44	01:08.11	
	00:32.44	00:35.67	
			

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:2, starttime: 09:57
Heat: 2/9 Lane : 8 Athlete: ASSAM ELOISE					Q-time: 03:47:09
PB (50m pool): 03:47.09 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:31.69 SB: 03:47.09 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.28	01:54.69	02:58.30	03:47.09	
	00:53.28	01:01.41	01:03.61	00:48.79	
					

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:3, starttime: 10:02
Heat: 3/9 Lane : 8 Athlete: CREEMERS LIEZE					Q-time: 03:39:34
PB (50m pool): 04:11.51 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:39.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	01:03.57	02:04.01	03:14.82	04:11.51	
	01:03.57	01:00.44	01:10.81	00:56.69	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+					Heat:5, starttime: 11:28
Heat: 5/10 Lane : 6 Athlete: BURSSSENS EMMA					Q-time: 01:19:88
PB (50m pool): 01:19.88 Antwerpen 13/07/2025 PB (25m pool): 01:15.37 SB: 01:20.51 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:38.61	01:19.88			
	00:38.61	00:41.27			
					

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12					Heat:2, starttime: 11:43
Heat: 2/9 Lane : 1 Athlete: ARUSTAMYAN ARTHUR					Q-time: 00:53:13
PB (50m pool): 00:53.13 Molenbeek 01/02/2026 PB (25m pool): no time SB: 00:53.13 Molenbeek 01/02/2026					
	5 0 M				
PB	00:53.13				
	00:53.13				
					

Coach feedback:

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Event number: 9: 50M BUTTERFLY MEN 11-12										Heat:2, starttime: 11:43																			
Heat: 2/9 Lane : 8 Athlete: SIGSWORTH KAYA																				Q-time: 00:53:17									
PB (50m pool): 00:53.17 Molenbeek 01/02/2026										PB (25m pool): no time SB: 00:53.17 Molenbeek 01/02/2026																			
	5 0 M																												
PB	00:53.17																												
	00:53.17																												
																													

Coach feedback: