

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 07:15 untill 08:15. 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: 19: 100M BACKSTROKE MEN 11-12			Heat:4, starttime: 08:38
Heat: 4/10 Lane : 2 Athlete: SIGSWORTH KAYA			Q-time: 01:37:57
PB (50m pool): 01:37.57 Molenbeek 01/02/2026			PB (25m pool): 01:32.53 SB: 01:37.57 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:37.57	
	no time		
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12			Heat:4, starttime: 08:38
Heat: 4/10 Lane : 4 Athlete: ARUSTAMYAN ARTHUR			Q-time: 01:36:59
PB (50m pool): 01:36.59 Molenbeek 01/02/2026			PB (25m pool): 01:41.62 SB: 01:36.59 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:36.59	
	no time		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14			Heat:3, starttime: 08:59
Heat: 3/6 Lane : 5 Athlete: DERAEMAECKER LANDER			Q-time: 00:45:71
PB (50m pool): 00:45.71 Molenbeek 01/02/2026			PB (25m pool): 00:44.75 SB: 00:45.71 Molenbeek 01/02/2026
	5 0 M		
PB	00:45.71		
	00:45.71		
			

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Event number: 20: 50M BREASTSTROKE MEN 13-14							Heat:6, starttime: 09:03		
Heat: 6/6 Lane : 6 Athlete: VERNIMMEN NICHOLAS							Q-time: 00:39:88		
PB (50m pool): 00:39.88 Molenbeek 01/02/2026							PB (25m pool): 00:41.71 SB: 00:39.88 Molenbeek 01/02/2026		
	5 0 M								
PB	00:39.88								
	00:39.88								
									

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:16	
Heat: 4/14 Lane : 2 Athlete: BOBEVA DARA					Q-time: 02:54:52	
PB (50m pool): 02:54.52 Molenbeek 01/02/2026					PB (25m pool): 02:52.08 SB: 02:54.52 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	01:23.76	no time	02:54.52		
	no time					
						

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:10, starttime: 09:36	
Heat: 10/14 Lane : 6 Athlete: SOARES ALMEIDA LISA					Q-time: 02:40:04	
PB (50m pool): 03:03.21 Aalst 24/06/2023					PB (25m pool): 02:40.04 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	03:03.21		
	no time					
						

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+							Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 7 Athlete: SPADEA MATTIA							Q-time: 00:29:47	
PB (50m pool): 00:29.47 Antwerpen 19/04/2026							PB (25m pool): 00:29.41 SB: 00:29.47 Antwerpen 19/04/2026	
	5 0 M							
PB	00:29.47							
	00:29.47							
								

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Event number: 22: 50M FREESTYLE MEN 15+			Heat:7, starttime: 09:58
Heat: 7/15 Lane : 7 Athlete: SLOOTMAEKERS MATTEO			Q-time: 00:29:06
PB (50m pool): 00:29.37 Eindhoven 22/03/2026			PB (25m pool): 00:29.06 SB: 00:29.37 Eindhoven 22/03/2026
	5 0 M		
PB	00:29.37		
	00:29.37		
			

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+			Heat:8, starttime: 09:59
Heat: 8/15 Lane : 7 Athlete: STUMM CHARLES			Q-time: 00:28:81
PB (50m pool): 00:29.84 Antwerpen 20/04/2025			PB (25m pool): 00:28.81 SB: no time
	5 0 M		
PB	00:29.84		
	00:29.84		
			

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+			Heat:11, starttime: 10:02
Heat: 11/15 Lane : 3 Athlete: ROOMAN HUGUES			Q-time: 00:27:93
PB (50m pool): 00:27.93 Antwerpen 15/03/2026			PB (25m pool): 00:27.98 SB: 00:27.93 Antwerpen 15/03/2026
	5 0 M		
PB	00:27.93		
	00:27.93		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:1, starttime: 10:07
Heat: 1/12 Lane : 6 Athlete: CREEMERS LIEZE			Q-time: 01:38:37
PB (50m pool): 01:38.37 Antwerpen 15/03/2026			PB (25m pool): 01:41.66 SB: 01:38.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.81	01:38.37	
	00:44.81	00:53.56	
			

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:2, starttime: 10:09
Heat: 2/12 Lane : 7 Athlete: VERMEULEN LOUISE			Q-time: 01:35:84
PB (50m pool): 01:37.68 Molenbeek 01/02/2026			PB (25m pool): 01:35.84 SB: 01:37.68 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:37.68	
	no time		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:3, starttime: 10:12
Heat: 3/12 Lane : 1 Athlete: VAN DE WINKEL MAUD			Q-time: 01:33:96
PB (50m pool): 01:33.96 Antwerpen 15/03/2026			PB (25m pool): 01:34.18 SB: 01:33.96 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.56	01:33.96	
	00:45.56	00:48.40	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:3, starttime: 10:12
Heat: 3/12 Lane : 3 Athlete: ASSAM ELOISE			Q-time: 01:31:50
PB (50m pool): 01:31.50 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:32.26 SB: 01:31.50 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.91	01:31.50	
	00:43.91	00:47.59	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 10:36
Heat: 3/11 Lane : 7 Athlete: ARUSTAMYAN ARTHUR			Q-time: 01:57:47
PB (50m pool): 02:03.39 Molenbeek 01/02/2026			PB (25m pool): 01:57.47 SB: 02:03.39 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	02:03.39	
	no time		
			

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 10:41
Heat: 5/11 Lane : 6 Athlete: SIGSWORTH KAYA			Q-time: 01:52:16
PB (50m pool): 01:52.16 Molenbeek 01/02/2026			PB (25m pool): 01:41.29 SB: 01:52.16 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:52.16	
	no time		
			

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:9, starttime: 11:23
Heat: 9/12 Lane : 7 Athlete: BURSSSENS EMMA					Q-time: 02:27:83
PB (50m pool): 02:27.83 Antwerpen 13/07/2025					PB (25m pool): 02:24.76 SB: 02:29.90 Olympic Pool Wezenberg, Antwer 29
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.22	01:10.69	01:49.33	02:27.83	
	00:33.22	00:37.47	00:38.64	00:38.50	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:5, starttime: 11:46
Heat: 5/10 Lane : 1 Athlete: DERAEMAECKER LANDER			Q-time: 01:25:37
PB (50m pool): 01:25.37 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:31.45 SB: 01:25.37 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:41.86	01:25.37	
	00:41.86	00:43.51	
			

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:9, starttime: 11:55
Heat: 9/10 Lane : 6 Athlete: VERNIMMEN NICHOLAS			Q-time: 01:17:03
PB (50m pool): 01:17.03 Wezenberg 04/01/2026			PB (25m pool): 01:14.66 SB: 01:17.03 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.29	01:17.03	
	00:37.29	00:39.74	
			

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:9, starttime: 11:55
Heat: 9/10 Lane : 7 Athlete: DERAEMAECKER MATHIAS			Q-time: 01:18:44
PB (50m pool): 01:18.44 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:17.66 SB: 01:18.44 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:38.22	01:18.44	
	00:38.22	00:40.22	
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:4, starttime: 12:03
Heat: 4/12 Lane : 2 Athlete: BOBEVA DARA			Q-time: 00:35:72
PB (50m pool): 00:35.72 Molenbeek 01/02/2026 PB (25m pool): 00:35.29 SB: 00:35.72 Molenbeek 01/02/2026			
	5 0 M		
PB	00:35.72		
	00:35.72		
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 12:19
Heat: 4/10 Lane : 1 Athlete: LAPEIRRE TIEBEN			Q-time: 01:17:21
PB (50m pool): 01:17.21 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.18 SB: 01:17.21 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.73	01:17.21	
	00:33.73	00:43.48	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 12:19
Heat: 4/10 Lane : 2 Athlete: VRANCKX BOUDEWIJN			Q-time: 01:16:07
PB (50m pool): 01:16.07 Antwerpen 15/03/2026 PB (25m pool): 01:14.20 SB: 01:16.07 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:34.99	01:16.07	
	00:34.99	00:41.08	
			

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 12:25
Heat: 7/10 Lane : 4 Athlete: SPADEA MATTIA			Q-time: 01:09:73
PB (50m pool): 01:09.73 Antwerpen 15/03/2026			PB (25m pool): 01:12.10 SB: 01:09.73 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.58	01:09.73	
	00:31.58	00:38.15	
			

Coach feedback: