

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 29: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 14:03
Heat: 2/12 Lane : 4 Athlete: VAN DE WINKEL MAUD			Q-time: 01:44:72
PB (50m pool): no time			PB (25m pool): 01:44.72 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 14:03
Heat: 2/12 Lane : 5 Athlete: VERMEULEN LOUISE			Q-time: 01:45:26
PB (50m pool): 01:51.19 Molenbeek 01/02/2026			PB (25m pool): 01:45.26 SB: 01:51.19 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:51.19	
	no time		
	.	.	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 14:09
Heat: 4/12 Lane : 6 Athlete: ASSAM ELOISE			Q-time: 01:39:77
PB (50m pool): 01:39.77 Antwerpen 15/03/2026			PB (25m pool): 01:43.55 SB: 01:39.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.97	01:39.77	
	00:47.97	00:51.80	
	.	.	

Coach feedback:

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Event number: 29: 100M BACKSTROKE WOMEN 11-12				Heat:6, starttime: 14:14	
Heat: 6/12 Lane : 1 Athlete: CREAMERS LIEZE				Q-time: 01:36:22	
PB (50m pool): 01:43.18 Antwerpen 15/03/2026				PB (25m pool): 01:36.22 SB: 01:43.18 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:50.00	01:43.18			
	00:50.00	00:53.18			
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:7, starttime: 15:04	
Heat: 7/11 Lane : 1 Athlete: DERAEMAECKER LANDER					Q-time: 02:38:71	
PB (50m pool): 02:34.46 Aalst 27/06/2026					PB (25m pool): 02:34.43 SB: 02:34.46 Aalst 27/06/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.62	01:15.65	01:56.28	02:34.46		
	00:35.62	00:40.03	00:40.63	00:38.18		
						

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:9, starttime: 15:10	
Heat: 9/11 Lane : 4 Athlete: VERNIMMEN NICHOLAS					Q-time: 02:29:35	
PB (50m pool): 02:29.35 Antwerpen 13/07/2025					PB (25m pool): 02:23.26 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.42	01:12.34	01:51.53	02:29.35		
	00:34.42	00:37.92	00:39.19	00:37.82		
						

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:10, starttime: 15:13	
Heat: 10/11 Lane : 7 Athlete: DERAEMAECKER MATHIAS					Q-time: 02:28:47	
PB (50m pool): 02:28.47 Molenbeek 01/02/2026					PB (25m pool): 02:19.65 SB: 02:28.47 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	01:12.64	no time	02:28.47		
	no time					
						

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12			Heat:3, starttime: 15:39
Heat: 3/11 Lane : 7 Athlete: ARUSTAMYAN ARTHUR			Q-time: 01:28:84
PB (50m pool): 01:28.84 Molenbeek 01/02/2026			PB (25m pool): 01:31.49 SB: 01:28.84 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:28.84	
	no time		
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:5, starttime: 15:43
Heat: 5/11 Lane : 5 Athlete: SIGSWORTH KAYA			Q-time: 01:24:44
PB (50m pool): 01:24.44 Molenbeek 01/02/2026			PB (25m pool): 01:23.30 SB: 01:24.44 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:24.44	
	no time		
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 16:04
Heat: 4/12 Lane : 3 Athlete: CREEMERS LIEZE			Q-time: 01:55:32
PB (50m pool): 01:57.42 Molenbeek 01/02/2026			PB (25m pool): 01:55.32 SB: 01:57.42 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:57.42	
	no time		
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 16:04
Heat: 4/12 Lane : 7 Athlete: VAN DE WINKEL MAUD			Q-time: 01:55:78
PB (50m pool): 01:55.78 Antwerpen 15/03/2026			PB (25m pool): 01:56.84 SB: 01:55.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:54.75	01:55.78	
	00:54.75	01:01.03	
			

Coach feedback:

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Event number: 34: 100M BREASTSTROKE WOMEN 11-12				Heat:5, starttime: 16:07	
Heat: 5/12 Lane : 2 Athlete: ASSAM ELOISE				Q-time: 01:53:28	
PB (50m pool): 01:53.28 Antwerpen 15/03/2026				PB (25m pool): 02:06.08 SB: 01:53.28 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:52.61	01:53.28			
	00:52.61	01:00.67			
					

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12				Heat:7, starttime: 16:11	
Heat: 7/12 Lane : 2 Athlete: VERMEULEN LOUISE				Q-time: 01:49:30	
PB (50m pool): 02:18.43 SportinGenk Park 21/04/2025				PB (25m pool): 01:49.30 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	02:18.43			
	no time				
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:6, starttime: 16:41	
Heat: 6/13 Lane : 8 Athlete: SPADEA MATTIA				Q-time: 02:24:46	
PB (50m pool): 02:24.46 Olympic Pool Wezenberg, Antwer 29/03/2025				PB (25m pool): 02:23.55 SB: 02:24.46 Olympic Pool Wezenberg, Antwer 29/03/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.67	01:11.33	01:50.78	02:24.46	
	00:33.67	00:37.66	00:39.45	00:33.68	
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:7, starttime: 16:44	
Heat: 7/13 Lane : 4 Athlete: LAPEIRRE TIEBEN				Q-time: 02:21:12	
PB (50m pool): 02:21.12 Olympic Pool Wezenberg, Antwer 29/03/2025				PB (25m pool): 02:19.48 SB: 02:21.12 Olympic Pool Wezenberg, Antwer 29/03/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.04	01:07.88	01:45.44	02:21.12	
	00:32.04	00:35.84	00:37.56	00:35.68	
					

Coach feedback:

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Event number: 35: 200M FREESTYLE MEN 15+					Heat:8, starttime: 16:47
Heat: 8/13 Lane : 3 Athlete: ROOMAN HUGUES					Q-time: 02:19:21
PB (50m pool): 02:19.21 Molenbeek 01/02/2026					PB (25m pool): 02:15.97 SB: 02:19.21 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:07.03	no time	02:19.21	
	no time				
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:9, starttime: 16:50
Heat: 9/13 Lane : 2 Athlete: VRANCKX BOUDEWIJN					Q-time: 02:17:21
PB (50m pool): 02:17.21 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:16.86 SB: 02:17.21 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.47	01:05.53	01:41.48	02:17.21	
	00:31.47	00:34.06	00:35.95	00:35.73	
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 17:12		
Heat: 4/11 Lane : 2 Athlete: BOBEVA DARA			Q-time: 01:31:16		
PB (50m pool): 01:31.16 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:28.37 SB: 01:31.16 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M			
PB	00:44.53	01:31.16			
	00:44.53	00:46.63			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:9, starttime: 17:24		
Heat: 9/11 Lane : 8 Athlete: SOARES ALMEIDA LISA			Q-time: 01:23:85		
PB (50m pool): 01:23.85 Antwerpen 19/04/2026			PB (25m pool): 01:26.16 SB: 01:23.85 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M			
PB	00:40.43	01:23.85			
	00:40.43	00:43.42			
					

Coach feedback:

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Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:3, starttime: 17:48
Heat: 3/7 Lane : 8 Athlete: BURSSSENS EMMA			Q-time: 01:26:98
PB (50m pool): 01:26.98 Antwerp 02/02/2025			PB (25m pool): 01:26.11 SB: 01:27.44 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:38.88	01:26.98	
	00:38.88	00:48.10	
			

Coach feedback: