

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 08:15 untill 09:15. 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: 39: 100M FREESTYLE WOMEN 13-14                                                                                     |           |           | Heat:3, starttime: 09:34 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/12 Lane : 2 Athlete: SOARES ALMEIDA LISA                                                                                 |           |           | Q-time: 01:17:75         |
| PB (50m pool): 01:17.75 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:14.51 SB: 01:17.75 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:37.18  | 01:17.75  |                          |
|                                                                                                                                  | 00:37.18  | 00:40.57  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 39: 100M FREESTYLE WOMEN 13-14                                                                                     |           |           | Heat:4, starttime: 09:36 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/12 Lane : 6 Athlete: BOBEVA DARA                                                                                         |           |           | Q-time: 01:16:37         |
| PB (50m pool): 01:16.37 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:19.53 SB: 01:16.37 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:36.55  | 01:16.37  |                          |
|                                                                                                                                  | 00:36.55  | 00:39.82  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 42: 50M BACKSTROKE MEN 15+                                                               |           |  | Heat:2, starttime: 10:25 |
|--------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 2/7 Lane : 4 Athlete: LAPEIRRE TIEBEN                                                            |           |  | Q-time: 00:36:71         |
| PB (50m pool): 00:36.71 Antwerpen 15/03/2026 PB (25m pool): 00:36.97 SB: 00:36.71 Antwerpen 15/03/2026 |           |  |                          |
|                                                                                                        | 5 0 M     |  |                          |
| PB                                                                                                     | 00:36.71  |  |                          |
|                                                                                                        | 00:36.71  |  |                          |
|                                                                                                        | . . . . . |  |                          |

Coach feedback:

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

| Event number: 42: 50M BACKSTROKE MEN 15+           |           |  |  |  |  |  | Heat:3, starttime: 10:27                                        |  |  |
|----------------------------------------------------|-----------|--|--|--|--|--|-----------------------------------------------------------------|--|--|
| Heat: 3/7    Lane : 3    Athlete: STUMM CHARLES    |           |  |  |  |  |  | Q-time: 00:34:66                                                |  |  |
| PB (50m pool): 00:34.66    Molenbeek    01/02/2026 |           |  |  |  |  |  | PB (25m pool): 00:36.48 SB: 00:34.66    Molenbeek    01/02/2026 |  |  |
|                                                    | 5 0 M     |  |  |  |  |  |                                                                 |  |  |
| PB                                                 | 00:34.66  |  |  |  |  |  |                                                                 |  |  |
|                                                    | 00:34.66  |  |  |  |  |  |                                                                 |  |  |
|                                                    | . . . . . |  |  |  |  |  |                                                                 |  |  |

Coach feedback:

|                                                    |  |           |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------|--|-----------|--|--|--|--|--|--|--|----------------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|
| Event number: 42: 50M BACKSTROKE MEN 15+           |  |           |  |  |  |  |  |  |  | Heat:5, starttime: 10:30                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| Heat: 5/7    Lane : 8    Athlete: ROOMAN HUGUES    |  |           |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  | Q-time: 00:33:78 |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:33.78    Antwerpen    15/03/2026 |  |           |  |  |  |  |  |  |  | PB (25m pool): 00:34.22SB: 00:33.78    Antwerpen    15/03/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                    |  | 5 0 M     |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| PB                                                 |  | 00:33.78  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                    |  | 00:33.78  |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                    |  | . . . . . |  |  |  |  |  |  |  |                                                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |

Coach feedback:

| Event number: 43: 200M BACKSTROKE WOMEN 15+      |           |           |                                                                              |                  | Heat:4, starttime: 10:47 |
|--------------------------------------------------|-----------|-----------|------------------------------------------------------------------------------|------------------|--------------------------|
| Heat: 4/5    Lane : 5    Athlete: BURSSSENS EMMA |           |           |                                                                              | Q-time: 02:46:13 |                          |
| PB (50m pool): 02:46.13    Antwerpen 13/07/2025  |           |           | PB (25m pool): 02:44.18 SB: 02:50.35    Olympic Pool Wezenberg, Antwer    29 |                  |                          |
|                                                  | 5 0 M     | 1 0 0 M   | 1 5 0 M                                                                      | 2 0 0 M          |                          |
| PB                                               | 00:39.03  | 01:21.62  | 02:04.47                                                                     | 02:46.13         |                          |
|                                                  | 00:39.03  | 00:42.59  | 00:42.85                                                                     | 00:41.66         |                          |
|                                                  | . . . . . | . . . . . | . . . . .                                                                    | . . . . .        |                          |

Coach feedback:

|                                         |  |           |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                         |  |  |  |  |                        |  |  |  |  |              |  |  |  |  |                  |  |  |  |  |            |  |  |  |  |
|-----------------------------------------|--|-----------|--|--|--|--|--|--|--|--------------------------|--|--|--|--|------------|--|--|--|--|-------------------------|--|--|--|--|------------------------|--|--|--|--|--------------|--|--|--|--|------------------|--|--|--|--|------------|--|--|--|--|
| Event number: 44: 50M BUTTERFLY MEN 15+ |  |           |  |  |  |  |  |  |  | Heat:5, starttime: 10:59 |  |  |  |  |            |  |  |  |  |                         |  |  |  |  |                        |  |  |  |  |              |  |  |  |  |                  |  |  |  |  |            |  |  |  |  |
| Heat: 5/11                              |  |           |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  | Lane : 4                |  |  |  |  | Athlete: STUMM CHARLES |  |  |  |  |              |  |  |  |  | Q-time: 00:32:27 |  |  |  |  |            |  |  |  |  |
| PB (50m pool): 00:32.27                 |  |           |  |  |  |  |  |  |  | Molenbeek                |  |  |  |  | 01/02/2026 |  |  |  |  | PB (25m pool): 00:33.57 |  |  |  |  |                        |  |  |  |  | SB: 00:32.27 |  |  |  |  | Molenbeek        |  |  |  |  | 01/02/2026 |  |  |  |  |
|                                         |  | 5 0 M     |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                         |  |  |  |  |                        |  |  |  |  |              |  |  |  |  |                  |  |  |  |  |            |  |  |  |  |
| PB                                      |  | 00:32.27  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                         |  |  |  |  |                        |  |  |  |  |              |  |  |  |  |                  |  |  |  |  |            |  |  |  |  |
|                                         |  | 00:32.27  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                         |  |  |  |  |                        |  |  |  |  |              |  |  |  |  |                  |  |  |  |  |            |  |  |  |  |
|                                         |  | . . . . . |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                         |  |  |  |  |                        |  |  |  |  |              |  |  |  |  |                  |  |  |  |  |            |  |  |  |  |

Coach feedback:

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

| Event number: 44: 50M BUTTERFLY MEN 15+                                                                                                         |           |  |  | Heat:6, starttime: 11:00 |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--|--|--------------------------|--|
| Heat: 6/11    Lane : 1    Athlete: LAPEIRRE TIEBEN                                                                                              |           |  |  | Q-time: 00:32:02         |  |
| PB (50m pool): 00:32.02    Zwembad Brigitte Becue    26/04/2026    PB (25m pool): 00:32.25 SB: 00:32.02    Zwembad Brigitte Becue    26/04/2026 |           |  |  |                          |  |
|                                                                                                                                                 | 5 0 M     |  |  |                          |  |
| PB                                                                                                                                              | 00:32.02  |  |  |                          |  |
|                                                                                                                                                 | 00:32.02  |  |  |                          |  |
|                                                                                                                                                 | . . . . . |  |  |                          |  |

Coach feedback:

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|--------------------------------------------------------|-----------|--|--|--|--|--|-----------------------------------------------------------------|--|--|
| Event number: 44: 50M BUTTERFLY MEN 15+                |           |  |  |  |  |  | Heat:6, starttime: 11:00                                        |  |  |
| Heat: 6/11    Lane : 6    Athlete: SLOOTMAEKERS MATTEO |           |  |  |  |  |  | Q-time: 00:31:97                                                |  |  |
| PB (50m pool): 00:33.57    Molenbeek    01/02/2026     |           |  |  |  |  |  | PB (25m pool): 00:31.97 SB: 00:33.57    Molenbeek    01/02/2026 |  |  |
|                                                        | 5 0 M     |  |  |  |  |  |                                                                 |  |  |
| PB                                                     | 00:33.57  |  |  |  |  |  |                                                                 |  |  |
|                                                        | 00:33.57  |  |  |  |  |  |                                                                 |  |  |
|                                                        | . . . . . |  |  |  |  |  |                                                                 |  |  |

Coach feedback:

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|--------------------------------------------------------------------------------------------------------|-----------|--|--|--------------------------|--|
| Event number: 44: 50M BUTTERFLY MEN 15+                                                                |           |  |  | Heat:6, starttime: 11:00 |  |
| Heat: 6/11 Lane : 8 Athlete: VRANCKX BOUDEWIJN                                                         |           |  |  | Q-time: 00:32:22         |  |
| PB (50m pool): 00:32.22 Antwerpen 15/03/2026 PB (25m pool): 00:33.44 SB: 00:32.22 Antwerpen 15/03/2026 |           |  |  |                          |  |
|                                                                                                        | 5 0 M     |  |  |                          |  |
| PB                                                                                                     | 00:32.22  |  |  |                          |  |
|                                                                                                        | 00:32.22  |  |  |                          |  |
|                                                                                                        | . . . . . |  |  |                          |  |

Coach feedback:

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|-----------------------------------------------------------------------------------------------------------------------------------------|-----------|--|--|--------------------------|--|
| Event number: 44: 50M BUTTERFLY MEN 15+                                                                                                 |           |  |  | Heat:7, starttime: 11:01 |  |
| Heat: 7/11    Lane : 8    Athlete: ROOMAN HUGUES                                                                                        |           |  |  | Q-time: 00:31:71         |  |
| PB (50m pool): 00:31.71    Antwerpen    15/03/2026                      PB (25m pool): 00:31.08 SB: 00:31.71    Antwerpen    15/03/2026 |           |  |  |                          |  |
|                                                                                                                                         | 5 0 M     |  |  |                          |  |
| PB                                                                                                                                      | 00:31.71  |  |  |                          |  |
|                                                                                                                                         | 00:31.71  |  |  |                          |  |
|                                                                                                                                         | . . . . . |  |  |                          |  |

Coach feedback:

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

| Event number: 44: 50M BUTTERFLY MEN 15+      |           | Heat:8, starttime: 11:02                                  |
|----------------------------------------------|-----------|-----------------------------------------------------------|
| Heat: 8/11 Lane : 7 Athlete: SPADEA MATTIA   |           | Q-time: 00:30:74                                          |
| PB (50m pool): 00:30.74 Antwerpen 15/03/2026 |           | PB (25m pool): 00:31.07 SB: 00:30.74 Antwerpen 15/03/2026 |
|                                              | 5 0 M     |                                                           |
| PB                                           | 00:30.74  |                                                           |
|                                              | 00:30.74  |                                                           |
|                                              | . . . . . |                                                           |

Coach feedback:

| Event number: 45: 50M BUTTERFLY WOMEN 13-14  |           | Heat:2, starttime: 11:08                                  |
|----------------------------------------------|-----------|-----------------------------------------------------------|
| Heat: 2/7 Lane : 5 Athlete: BOBEVA DARA      |           | Q-time: 00:43:08                                          |
| PB (50m pool): 00:43.08 Antwerpen 15/03/2026 |           | PB (25m pool): 00:48.64 SB: 00:43.08 Antwerpen 15/03/2026 |
|                                              | 5 0 M     |                                                           |
| PB                                           | 00:43.08  |                                                           |
|                                              | 00:43.08  |                                                           |
|                                              | . . . . . |                                                           |

Coach feedback:

| Event number: 46: 100M BREASTSTROKE MEN 13-14             |           | Heat:4, starttime: 11:22                                               |
|-----------------------------------------------------------|-----------|------------------------------------------------------------------------|
| Heat: 4/6 Lane : 5 Athlete: DERAEMAECKER MATHIAS          |           | Q-time: 01:31:72                                                       |
| PB (50m pool): 01:31.72 Zwembad Brigitte Becue 26/04/2026 |           | PB (25m pool): 01:35.38 SB: 01:31.72 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M                                                                |
| PB                                                        | 00:43.05  | 01:31.72                                                               |
|                                                           | 00:43.05  | 00:48.67                                                               |
|                                                           | . . . . . | . . . . .                                                              |

Coach feedback:

| Event number: 46: 100M BREASTSTROKE MEN 13-14  |           | Heat:6, starttime: 11:27                              |
|------------------------------------------------|-----------|-------------------------------------------------------|
| Heat: 6/6 Lane : 6 Athlete: VERNIMMEN NICHOLAS |           | Q-time: 01:24:49                                      |
| PB (50m pool): 01:24.15 Aalst 27/06/2026       |           | PB (25m pool): 01:21.68 SB: 01:24.15 Aalst 27/06/2026 |
|                                                | 5 0 M     | 1 0 0 M                                               |
| PB                                             | 00:40.11  | 01:24.15                                              |
|                                                | 00:40.11  | 00:44.04                                              |
|                                                | . . . . . | . . . . .                                             |

Coach feedback: