

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 08:20 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Lissens Jeroen

Coaches: Mous Anke

Coaches: Vanmeerbeek Rob

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/12 Lane : 1 Athlete: NAUDÉ DANIËL					Q-time: 01:06:30
PB (25m pool): 01:06.30 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:10.05 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.21		01:06.30	
	00:31.21		00:35.09		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/12 Lane : 3 Athlete: RATIU THOMAS					Q-time: 01:04:41
PB (25m pool): 01:04.41 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:05.36 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.50		01:04.41	
	00:31.50		00:32.91		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/12 Lane : 5 Athlete: GINKELS ROBBE					Q-time: 01:04:32
PB (25m pool): 01:05.00 Temse 17/11/2025 PB (50m pool): 01:04.32 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.70		01:05.00	
	00:31.70		00:33.30		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/12 Lane : 8 Athlete: ROOMAN ALEXIS					Q-time: 01:06:64
PB (25m pool): 01:06.64 Temse 17/11/2025					PB (50m pool): 01:07.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.86		01:06.64	
	00:32.86		00:33.78		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 1 Athlete: DERAEMAECKER MATHIAS					Q-time: 01:03:77
PB (25m pool): 01:07.92 Mons 26/10/2025					PB (50m pool): 01:03.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.65		01:07.92	
	00:32.65		00:35.27		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 2 Athlete: SLOOTMAEKERS MATTEO					Q-time: 01:01:49
PB (25m pool): 01:01.49 LEUVEN 22/02/2026					PB (50m pool): 01:03.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.60		01:01.49	
	00:29.60		00:31.89		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 6 Athlete: ROOMAN HUGUES					Q-time: 01:01:49
PB (25m pool): 01:01.78 LEUVEN 23/11/2025					PB (50m pool): 01:01.49 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.01		01:01.78	
	00:30.01		00:31.77		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:46
Heat: 6/12 Lane : 3 Athlete: VRANCKX BOUDEWIJN					Q-time: 00:59:99
PB (25m pool): 00:59.99 LEUVEN 21/12/2025					PB (50m pool): 00:59.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.80		00:59.99	
	00:28.80		00:31.19		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 5 Athlete: ROOMAN EGON					Q-time: 00:58:67
PB (25m pool): 00:58.67 LEUVEN 22/02/2026					PB (50m pool): 01:01.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.10		00:58.67	
	00:28.10		00:30.57		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:49
Heat: 8/12 Lane : 6 Athlete: BOBEV BOYAN					Q-time: 00:57:91
PB (25m pool): 00:57.91 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:59.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.69		00:57.91	
	00:27.69		00:30.22		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 4 Athlete: MEREMANS MATHYS					Q-time: 00:56:83
PB (25m pool): 00:57.35 Leuven 12/10/2025					PB (50m pool): 00:56.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.37		00:57.35	
	00:27.37		00:29.98		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 8 Athlete: DIERICK OSCAR					Q-time: 00:56:74
PB (25m pool): 00:56.74 LEUVEN 22/02/2026					PB (50m pool): 00:58.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.50		00:56.74	
	00:27.50		00:29.24		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 3 Athlete: LISSENS TUUR					Q-time: 00:53:82
PB (25m pool): 00:53.82 LEUVEN 22/02/2026					PB (50m pool): 00:55.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.64		00:53.82	
	00:25.64		00:28.18		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 1 Athlete: VAN HOOFF DAAN					Q-time: 00:52:23
PB (25m pool): 00:52.23 Gent 09/11/2025					PB (50m pool): 00:53.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.19		00:52.23	
	00:25.19		00:27.04		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 4 Athlete: VERMAUT ARTHUR					Q-time: 00:50:33
PB (25m pool): 00:50.33 Braine l Alleud 05/04/2026					PB (50m pool): 00:51.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:23.92		00:50.33	
	00:23.92		00:26.41		
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 6 Athlete: DE RYCK HANNE							Q-time: 03:11:93	
PB (25m pool): 03:11.93 Dilbeek 10/05/2026				PB (50m pool): 03:13.09SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.94		no time		no time		03:11.93
	00:44.94							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 4 Athlete: VAN HOUDT SEOANE LISA							Q-time: 03:03:27	
PB (25m pool): 03:10.97 LEUVEN 22/02/2026				PB (50m pool): 03:03.27 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.14		no time		no time		03:10.97
	00:45.14							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 5 Athlete: SIMONS HANNA							Q-time: 03:03:39	
PB (25m pool): 03:03.39 Tremelo 24/05/2026				PB (50m pool): 03:07.21 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.61		no time		no time		03:03.39
	00:40.61							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 10:04	
Heat: 3/10 Lane : 4 Athlete: DE VOCHT FLORE							Q-time: 02:57:80	
PB (25m pool): 03:00.10 Tremelo 18/01/2026				PB (50m pool): 02:57.80SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.69		no time		no time		03:00.10
	00:39.69							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 10:04	
Heat: 3/10 Lane : 5 Athlete: GADEYNE OLIVIA							Q-time: 02:57:98	
PB (25m pool): 03:16.26 Zaventem 15/07/2025				PB (50m pool): 02:57.98SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.00		no time		no time		03:16.26
	00:47.00							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 1 Athlete: VAN BEGIN SARAH							Q-time: 02:56:12	
PB (25m pool): 02:56.12 Dilbeek 10/05/2026				PB (50m pool): 03:02.34SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.87		no time		no time		02:56.12
	00:39.87							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:11	
Heat: 5/10 Lane : 2 Athlete: VANHEULE LÉA							Q-time: 02:51:19	
PB (25m pool): 02:51.19 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:59.60SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.17		01:19.28		02:13.19		02:51.19
	00:37.17		00:42.11		00:53.91		00:38.00	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:11	
Heat: 5/10 Lane : 3 Athlete: SOARES ALMEIDA ANNA							Q-time: 02:49:12	
PB (25m pool): 02:49.12 Dilbeek 10/05/2026				PB (50m pool): 02:51.61 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.60		no time		no time		02:49.12
	00:38.60							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:11	
Heat: 5/10 Lane : 6 Athlete: ANTIPINA ALEXANDRA							Q-time: 02:49:24	
PB (25m pool): 02:49.24 Dilbeek 10/05/2026				PB (50m pool): 02:50.17SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.19		no time		no time		02:49.24
	00:36.19							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:11	
Heat: 5/10 Lane : 8 Athlete: TYAGI YASHWINI							Q-time: 02:53:22	
PB (25m pool): 02:59.44 LEUVEN 23/11/2025				PB (50m pool): 02:53.22SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.32		01:26.98		02:20.02		02:59.44
	00:40.32		00:46.66		00:53.04		00:39.42	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:18	
Heat: 7/10 Lane : 5 Athlete: ROGIERS LAYLA							Q-time: 02:41:29	
PB (25m pool): 02:41.29 Temse 17/11/2025				PB (50m pool): 02:42.42 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.53		01:18.24		02:05.34		02:41.29
	00:34.53		00:43.71		00:47.10		00:35.95	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 2 Athlete: GINKELS FEBE							Q-time: 02:38:17	
PB (25m pool): 02:38.17 LEUVEN 21/12/2025				PB (50m pool): 02:42.61 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.03		01:14.46		02:02.01		02:38.17
	00:34.03		00:40.43		00:47.55		00:36.16	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 4 Athlete: TEIRLINCK LOUISE							Q-time: 02:36:63	
PB (25m pool): 02:36.63 LEUVEN 23/11/2025				PB (50m pool): 02:39.36SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.30		01:13.98		02:00.76		02:36.63
	00:34.30		00:39.68		00:46.78		00:35.87	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 8 Athlete: PEERSMAN MALIN							Q-time: 02:41:02	
PB (25m pool): 02:41.20 Dilbeek 10/05/2026				PB (50m pool): 02:41.02SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.61		no time		no time		02:41.20
	00:33.61							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:25	
Heat: 9/10 Lane : 3 Athlete: THYS LENA							Q-time: 02:31:91	
PB (25m pool): 02:31.91 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:39.66 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.94		01:14.35		01:57.90		02:31.91
	00:33.94		00:40.41		00:43.55		00:34.01	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 5 Athlete: ADELMANN CLARA CENXI							Q-time: 02:26:52	
PB (25m pool): 02:26.52 LEUVEN 22/02/2026				PB (50m pool): 02:29.20 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.97		no time		no time		02:26.52
	00:31.97							
								

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:31
Heat: 1/5 Lane : 2 Athlete: ROOMAN ALEXIS					Q-time: 01:26:81
PB (25m pool): 01:26.96 Temse 17/11/2025					PB (50m pool): 01:26.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.87		01:26.96	
	00:41.87		00:45.09		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:33
Heat: 2/5 Lane : 1 Athlete: VERNIMMEN NICHOLAS					Q-time: 01:18:83
PB (25m pool): 01:18.83 Zwembad De Motte 14/07/2026					PB (50m pool): 01:22.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.65		01:18.83	
	00:36.65		00:42.18		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:33
Heat: 2/5 Lane : 3 Athlete: STUMM CHARLES					Q-time: 01:16:61
PB (25m pool): 01:18.29 LEUVEN 23/11/2025					PB (50m pool): 01:16.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.11		01:18.29	
	00:36.11		00:42.18		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:33
Heat: 2/5 Lane : 5 Athlete: MEREMANS MATHYS					Q-time: 01:16:21
PB (25m pool): 01:26.66 Ternat 26/03/2023					PB (50m pool): 01:16.21 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.66	
	no time				
					

Coach feedback:

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:35
Heat: 3/5 Lane : 4 Athlete: ROOMAN EGON					Q-time: 01:12:40
PB (25m pool): 01:12.55 LEUVEN 22/02/2026					PB (50m pool): 01:12.40 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.64		01:12.55	
	00:34.64		00:37.91		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:35
Heat: 3/5 Lane : 6 Athlete: RATIU MATHEO					Q-time: 01:14:13
PB (25m pool): 01:14.13 LEUVEN 22/02/2026					PB (50m pool): 01:15.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.73		01:14.13	
	00:34.73		00:39.40		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:35
Heat: 3/5 Lane : 7 Athlete: SLOOTMAEKERS MATTEO					Q-time: 01:14:49
PB (25m pool): 01:14.49 LEUVEN 22/02/2026					PB (50m pool): 01:17.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.04		01:14.49	
	00:35.04		00:39.45		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:35
Heat: 3/5 Lane : 8 Athlete: BOBEV BOYAN					Q-time: 01:14:68
PB (25m pool): 01:14.68 LEUVEN 23/11/2025					PB (50m pool): 01:15.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.58		01:14.68	
	00:34.58		00:40.10		
					

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 7 Athlete: BERLAMONT DAAN					Q-time: 01:11:15
PB (25m pool): 01:11.15 LEUVEN 23/11/2025					PB (50m pool): 01:14.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.15		01:11.15	
	00:33.15		00:38.00		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 3 Athlete: VERMAUT ARTHUR					Q-time: 01:03:45
PB (25m pool): 01:03.45 Mons 28/06/2025					PB (50m pool): 01:05.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.78		01:03.45	
	00:29.78		00:33.67		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 7 Athlete: VAN HOOFF DAAN					Q-time: 01:05:82
PB (25m pool): 01:05.82 Gent 09/11/2025					PB (50m pool): 01:10.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.44		01:05.82	
	00:30.44		00:35.38		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 11:05	
Heat: 1/5 Lane : 4 Athlete: VANHEULE LéA							Q-time: 02:46:21	
PB (25m pool): 02:46.21 Dilbeek 10/05/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.34		01:19.49		no time		02:46.21
	00:37.34		00:42.15					
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 11:05	
Heat: 1/5 Lane : 5 Athlete: VAN BEGIN SARAH							Q-time: 02:47:58	
PB (25m pool): 02:47.58 Tremelo 24/05/2026				PB (50m pool): 02:52.21 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.65		01:22.87		no time		02:47.58
	00:39.65		00:43.22					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 11:09	
Heat: 2/5 Lane : 7 Athlete: GADEYNE OLIVIA							Q-time: 02:45:40	
PB (25m pool): 02:45.40 Tremelo 24/05/2026				PB (50m pool): 02:49.45SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.97		01:21.47		no time		02:45.40
	00:38.97		00:42.50					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 4 Athlete: WATELLE NONA							Q-time: 02:30:06	
PB (25m pool): 02:30.06 LEUVEN. 22/02/2026				PB (50m pool): 02:35.71 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.06		01:13.24		no time		02:30.06
	00:35.06		00:38.18					
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:27	
Heat: 2/4 Lane : 3 Athlete: ROOMAN HUGUES							Q-time: 04:44:72	
PB (25m pool): 04:44.72 LEUVEN 21/12/2025				PB (50m pool): 04:56.63SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:32.09		01:07.77		01:44.15		02:20.76
	00:32.09		00:35.68		00:36.38		00:36.61	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:57.30		03:33.85		04:10.24		04:44.72
	00:36.54		00:36.55		00:36.39		00:34.48	
								

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:27	
Heat: 2/4 Lane : 5 Athlete: VRANCKX BOUDEWIJN							Q-time: 04:44:67	
PB (25m pool): 04:44.67 LEUVEN 23/11/2025				PB (50m pool): 04:56.58SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:31.99		01:06.99		01:42.62		02:18.40
	00:31.99		00:35.00		00:35.63		00:35.78	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:54.47		03:31.16		04:08.25		04:44.67
	00:36.07		00:36.69		00:37.09		00:36.42	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 4 Athlete: VAN NOOTEN VIC							Q-time: 04:30:42	
PB (25m pool): 04:30.42 Leuven 12/10/2025				PB (50m pool): 04:30.75SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.18		01:03.92		01:38.69		02:12.84
	00:30.18		00:33.74		00:34.77		00:34.15	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:46.83		03:21.30		03:55.24		04:30.42
	00:33.99		00:34.47		00:33.94		00:35.18	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 12:06	
Heat: 3/11 Lane : 7 Athlete: TYAGI YASHWINI							Q-time: 00:37:16	
PB (25m pool): 00:38.95 LEUVEN. 22/02/2026				PB (50m pool): 00:37.16SB: no time				
	2 5 M		5 0 M					
PB			00:38.95					
			00:38.95					
								

Coach feedback:

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 12:06
Heat: 3/11 Lane : 8 Athlete: SOARES ALMEIDA ANNA			Q-time: 00:38:00
PB (25m pool): 00:38.07 Temse 17/11/2025			PB (50m pool): 00:38.00 SB: no time
	2 5 M	5 0 M	
PB		00:38.07	
		00:38.07	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 12:08
Heat: 5/11 Lane : 1 Athlete: DE VOCHT FLORE			Q-time: 00:35:13
PB (25m pool): 00:35.13 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:36.36 SB: no time
	2 5 M	5 0 M	
PB		00:35.13	
		00:35.13	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 12:08
Heat: 5/11 Lane : 7 Athlete: ANTIPINA ALEXANDRA			Q-time: 00:34:92
PB (25m pool): 00:35.22 LEUVEN. 22/02/2026			PB (50m pool): 00:34.92 SB: no time
	2 5 M	5 0 M	
PB		00:35.22	
		00:35.22	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 7 Athlete: GINKELS FEBE			Q-time: 00:32:81
PB (25m pool): 00:32.95 Hoogstraten 28/09/2025			PB (50m pool): 00:32.81 SB: no time
	2 5 M	5 0 M	
PB		00:32.95	
		00:32.95	
			

Coach feedback:

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 12:13
Heat: 9/11 Lane : 3 Athlete: ROGIERS LAYLA			Q-time: 00:31:26
PB (25m pool): 00:31.74 LEUVEN. 22/02/2026			PB (50m pool): 00:31.26 SB: no time
	2 5 M	5 0 M	
PB		00:31.74	
		00:31.74	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 12:13
Heat: 9/11 Lane : 7 Athlete: TEIRLINCK LOUISE			Q-time: 00:31:36
PB (25m pool): 00:31.61 Hoogstraten 28/09/2025			PB (50m pool): 00:31.53 SB: no time
	2 5 M	5 0 M	
PB		00:31.61	
		00:31.61	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:14
Heat: 10/11 Lane : 3 Athlete: CAES OONE			Q-time: 00:30:49
PB (25m pool): 00:30.45 Herentals 18/05/2024			PB (50m pool): 00:30.96 SB: no time
	2 5 M	5 0 M	
PB		00:30.45	
		00:30.45	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 2 Athlete: SCHOEFS ELISE			Q-time: 00:29:66
PB (25m pool): 00:29.43 LEUVEN 24/11/2024			PB (50m pool): 00:29.89 SB: no time
	2 5 M	5 0 M	
PB		00:29.43	
		00:29.43	
			

Coach feedback:

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 12:17
Heat: 2/4 Lane : 1 Athlete: NAUDÉ DANIËL			Q-time: 00:34:43
PB (25m pool): 00:34.43 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:40.08 SB: no time			
	2 5 M	5 0 M	
PB		00:34.43	
		00:34.43	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:18
Heat: 3/4 Lane : 8 Athlete: SLOOTMAEKERS MATTEO			Q-time: 00:32:00
PB (25m pool): 00:32.00 Leuven 12/10/2025 PB (50m pool): 00:33.31 SB: no time			
	2 5 M	5 0 M	
PB		00:32.00	
		00:32.00	
			

Coach feedback: