

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:30	
Heat: 1/1 Lane : 4 Athlete: LISSENS TUUR							Q-time: 02:08:59	
PB (25m pool): 02:08.59 Gent 09/11/2025				PB (50m pool): 02:10.92SB: 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		00:28.78		01:01.73		01:34.62		02:08.59
	00:28.78		00:32.95		00:32.89		00:33.97	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:30	
Heat: 1/1 Lane : 7 Athlete: VAN NOOTEN VIC							Q-time: 02:24:04	
PB (25m pool): 02:30.77 LEUVEN 23/11/2025				PB (50m pool): 02:24.04SB: 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		00:32.10		01:10.28		01:50.64		02:30.77
	00:32.10		00:38.18		00:40.36		00:40.13	
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:33
Heat: 1/12 Lane : 5 Athlete: DE RYCK HANNE				Q-time: 01:18:41	
PB (25m pool): 01:18.73 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:18.41SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.06		01:18.73	
	00:37.06		00:41.67		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:35
Heat: 2/12 Lane : 5 Athlete: VAN HOUDT SEOANE LISA					Q-time: 01:14:60
PB (25m pool): 01:25.51 Leuven. 23/02/2025					PB (50m pool): 01:14.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.91		01:25.51	
	00:40.91		00:44.60		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:35
Heat: 2/12 Lane : 6 Athlete: SIMONS HANNA					Q-time: 01:15:30
PB (25m pool): 01:21.95 Bastogne 06/04/2025					PB (50m pool): 01:15.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.35		01:21.95	
	00:38.35		00:43.60		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/12 Lane : 1 Athlete: TYAGI YASHWINI					Q-time: 01:13:46
PB (25m pool): 01:15.25 LEUVEN 22/02/2026					PB (50m pool): 01:13.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.07		01:15.25	
	00:36.07		00:39.18		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/12 Lane : 2 Athlete: DE VOCHT FLORE					Q-time: 01:11:90
PB (25m pool): 01:11.90 Tremelo 24/05/2026					PB (50m pool): 01:12.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.10		01:11.90	
	00:35.10		00:36.80		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 1 Athlete: SOARES ALMEIDA ANNA					Q-time: 01:10:95
PB (25m pool): 01:11.47 Tremelo 24/05/2026					PB (50m pool): 01:12.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.55		01:11.47	
	00:34.55		00:36.92		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 6 Athlete: GADEYNE OLIVIA					Q-time: 01:09:65
PB (25m pool): 01:09.65 LEUVEN 22/02/2026					PB (50m pool): 01:10.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.86		01:09.65	
	00:33.86		00:35.79		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:41
Heat: 5/12 Lane : 3 Athlete: ANTIPINA ALEXANDRA					Q-time: 01:07:82
PB (25m pool): 01:09.59 LEUVEN 22/02/2026					PB (50m pool): 01:07.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.30		01:09.59	
	00:33.30		00:36.29		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:41
Heat: 5/12 Lane : 6 Athlete: VAN BEGIN SARAH					Q-time: 01:07:91
PB (25m pool): 01:07.91 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:12.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.67		01:07.91	
	00:32.67		00:35.24		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:42
Heat: 6/12 Lane : 3 Athlete: PEERSMAN MALIN					Q-time: 01:06:20
PB (25m pool): 01:07.43 Tremelo 24/05/2026					PB (50m pool): 01:06.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.68		01:07.43	
	00:32.68		00:34.75		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:42
Heat: 6/12 Lane : 5 Athlete: BURSSSENS EMMA					Q-time: 01:06:16
PB (25m pool): 01:06.16 LEUVEN 23/11/2025					PB (50m pool): 01:08.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.40		01:06.16	
	00:31.40		00:34.76		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 6 Athlete: ROGIERS LAYLA					Q-time: 01:04:22
PB (25m pool): 01:04.73 Tremelo 24/05/2026					PB (50m pool): 01:04.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.87		01:04.73	
	00:31.87		00:32.86		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 6 Athlete: TEIRLINCK LOUISE					Q-time: 01:02:64
PB (25m pool): 01:02.64 LEUVEN 21/12/2025					PB (50m pool): 01:03.49 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.57		01:02.64	
	00:30.57		00:32.07		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:52
Heat: 12/12 Lane : 6 Athlete: ADELMANN CLARA CENXI					Q-time: 00:58:67
PB (25m pool): 00:58.75 Gent 09/11/2025					PB (50m pool): 00:59.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.38		00:58.75	
	00:28.38		00:30.37		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 15:05	
Heat: 4/9 Lane : 2 Athlete: ROOMAN ALEXIS							Q-time: 02:41:67	
PB (25m pool): 02:42.45 Leuven 12/10/2025							PB (50m pool): 02:41.67 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		00:36.61		01:18.40		02:07.12		02:42.45
	00:36.61		00:41.79		00:48.72		00:35.33	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 4 Athlete: GINKELS ROBBE							Q-time: 02:34:59	
PB (25m pool): 02:34.77 LEUVEN 22/02/2026							PB (50m pool): 02:34.59SB: 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		00:33.53		no time		no time		02:34.77
	00:33.53							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 8 Athlete: VERNIMMEN NICHOLAS							Q-time: 02:37:91	
PB (25m pool): 02:37.91 LEUVEN 23/11/2025				PB (50m pool): 02:46.37 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		00:35.45		01:15.93		02:02.38		02:37.91
	00:35.45		00:40.48		00:46.45		00:35.53	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 15:12	
Heat: 6/9 Lane : 1 Athlete: RATIU THOMAS							Q-time: 02:33:87	
PB (25m pool): 02:33.87 Dilbeek 10/05/2026				PB (50m pool): 02:35.41SB: 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		00:34.55		no time		no time		02:33.87
	00:34.55							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 15:12	
Heat: 6/9 Lane : 2 Athlete: VRANCKX BOUDEWIJN							Q-time: 02:30:28	
PB (25m pool): 02:30.28 LEUVEN 22/02/2026				PB (50m pool): 02:36.72 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		00:32.78		no time		no time		02:30.28
	00:32.78							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:15	
Heat: 7/9 Lane : 1 Athlete: RATIU MATHEO							Q-time: 02:26:01	
PB (25m pool): 02:27.18 LEUVEN 21/12/2025				PB (50m pool): 02:26.01 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		00:30.79		01:07.88		01:52.16		02:27.18
	00:30.79		00:37.09		00:44.28		00:35.02	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:15	
Heat: 7/9 Lane : 2 Athlete: ROOMAN EGON							Q-time: 02:25:64	
PB (25m pool): 02:28.12 Leuven 12/10/2025				PB (50m pool): 02:25.64SB: 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		00:33.21		01:09.61		01:52.86		02:28.12
	00:33.21		00:36.40		00:43.25		00:35.26	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:15	
Heat: 7/9 Lane : 4 Athlete: DIERICK OSCAR							Q-time: 02:23:88	
PB (25m pool): 02:23.88 LEUVEN 22/02/2026				PB (50m pool): 02:27.64SB: 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		00:31.19		no time		no time		02:23.88
	00:31.19							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 5 Athlete: VAN HOOFF DAAN							Q-time: 02:11:49	
PB (25m pool): 02:11.49 LEUVEN 23/11/2025				PB (50m pool): 02:15.78SB: 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		00:27.24		01:02.60		01:40.17		02:11.49
	00:27.24		00:35.36		00:37.57		00:31.32	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 5 Athlete: THYS LENA				Q-time: 01:18:19	
PB (25m pool): 01:18.19 LEUVEN 23/11/2025			PB (50m pool): 01:21.03SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.46		01:18.19	
	00:37.46		00:40.73		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 4 Athlete: CAES OONE				Q-time: 01:11:90	
PB (25m pool): 01:11.90 LEUVEN 23/11/2025			PB (50m pool): 01:14.93SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.12		01:11.90	
	00:33.12		00:38.78		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 6 Athlete: WATELLE NONA					Q-time: 01:15:25
PB (25m pool): 01:16.81 Gent 09/11/2025					PB (50m pool): 01:15.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.55		01:16.81	
	00:35.55		00:41.26		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 16:02	
Heat: 1/3 Lane : 3 Athlete: NAUDé DANIËL							Q-time: 02:36:77	
PB (25m pool): 02:42.44 Leuven 12/10/2025				PB (50m pool): 02:36.77 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		00:39.15		01:21.08		02:02.78		02:42.44
	00:39.15		00:41.93		00:41.70		00:39.66	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 2 Athlete: VRANCKX BOUDEWIJN							Q-time: 02:26:99	
PB (25m pool): 02:26.99 LEUVEN 23/11/2025				PB (50m pool): 02:34.93SB: 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		00:35.17		01:12.12		01:49.98		02:26.99
	00:35.17		00:36.95		00:37.86		00:37.01	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 8 Athlete: SLOOTMAEKERS MATTEO							Q-time: 02:29:26	
PB (25m pool): 02:29.26 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:35.73SB: 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		00:36.70		01:14.73		01:52.77		02:29.26
	00:36.70		00:38.03		00:38.04		00:36.49	
								

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 5 Athlete: BERLAMONT DAAN							Q-time: 02:12:28	
PB (25m pool): 02:12.28 LEUVEN 21/12/2025				PB (50m pool): 02:17.74SB: 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		00:32.19		01:06.33		01:40.01		02:12.28
	00:32.19		00:34.14		00:33.68		00:32.27	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 8 Athlete: MEREMANS MATHYS							Q-time: 02:20:75	
PB (25m pool): 02:20.75 LEUVEN. 22/02/2026				PB (50m pool): 02:24.68SB: 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		00:33.42		01:08.84		no time		02:20.75
	00:33.42		00:35.42					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 7 Athlete: GINKELS FEBE							Q-time: 04:56:26	
PB (25m pool): 04:56.26 LEUVEN 21/12/2025				PB (50m pool): 05:05.41SB: 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		00:33.39		01:10.30		01:48.31		02:26.39
	00:33.39		00:36.91		00:38.01		00:38.08	
								
	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		03:04.91		03:42.71		04:19.94		04:56.26
	00:38.52		00:37.80		00:37.23		00:36.32	
								

Coach feedback:

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: LAQUA

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 2 Athlete: THYS LENA							Q-time: 04:44:13	
PB (25m pool): 04:44.13 Leuven 12/10/2025				PB (50m pool): 04:52.52SB: 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		00:33.05		01:09.26		01:45.56		02:22.10
	00:33.05		00:36.21		00:36.30		00:36.54	
								
	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		02:58.30		03:34.56		04:10.44		04:44.13
	00:36.20		00:36.26		00:35.88		00:33.69	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 5 Athlete: ADELMANN CLARA CENXI							Q-time: 04:25:97	
PB (25m pool): 04:25.97 Gent 09/11/2025				PB (50m pool): 04:29.26SB: 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		00:30.65		01:04.05		01:38.08		02:11.85
	00:30.65		00:33.40		00:34.03		00:33.77	
								
	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		02:45.54		03:19.45		03:52.94		04:25.97
	00:33.69		00:33.91		00:33.49		00:33.03	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 16:36	
Heat: 3/10 Lane : 3 Athlete: RATIU THOMAS							Q-time: 00:32:96	
PB (25m pool): 00:33.55 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:32.96SB: no time								
PB	2 5 M		5 0 M					
			00:33.55					
			00:33.55					
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:36
Heat: 3/10 Lane : 5 Athlete: GINKELS ROBBE			Q-time: 00:32:75
PB (25m pool): 00:33.49 Temse 17/11/2025			PB (50m pool): 00:32.75 SB: no time
	2 5 M	5 0 M	
PB		00:33.49	
		00:33.49	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:37
Heat: 4/10 Lane : 1 Athlete: DERAEMAECKER MATHIAS			Q-time: 00:31:95
PB (25m pool): 00:33.92 Hoogstraten 28/09/2025			PB (50m pool): 00:31.95 SB: no time
	2 5 M	5 0 M	
PB		00:33.92	
		00:33.92	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:37
Heat: 4/10 Lane : 3 Athlete: ROOMAN HUGUES			Q-time: 00:30:94
PB (25m pool): 00:31.08 LEUVEN. 22/02/2026			PB (50m pool): 00:30.94 SB: no time
	2 5 M	5 0 M	
PB		00:31.08	
		00:31.08	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:42
Heat: 8/10 Lane : 2 Athlete: BOBEV BOYAN			Q-time: 00:28:18
PB (25m pool): 00:28.34 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:28.18 SB: no time
	2 5 M	5 0 M	
PB		00:28.34	
		00:28.34	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:46
Heat: 2/7 Lane : 5 Athlete: VAN BEGIN SARAH			Q-time: 00:36:39
PB (25m pool): 00:36.39 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:37.89 SB: no time			
	2 5 M	5 0 M	
PB		00:36.39	
		00:36.39	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:47
Heat: 3/7 Lane : 1 Athlete: VANHEULE LÉA			Q-time: 00:35:52
PB (25m pool): 00:35.52 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:37.74 SB: no time			
	2 5 M	5 0 M	
PB		00:35.52	
		00:35.52	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:49
Heat: 4/7 Lane : 2 Athlete: TEIRLINCK LOUISE			Q-time: 00:34:54
PB (25m pool): 00:34.54 LEUVEN 23/11/2025 PB (50m pool): 00:35.37 SB: no time			
	2 5 M	5 0 M	
PB		00:34.54	
		00:34.54	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:50
Heat: 5/7 Lane : 2 Athlete: WATELLE NONA			Q-time: 00:33:81
PB (25m pool): no time PB (50m pool): 00:33.81 SB: no time			
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: LAQUA

Event number: 16: 50M BACKSTROKE WOMEN 13+										Heat:7, starttime: 16:52	
Heat: 7/7 Lane : 7 Athlete: CAES OONE										Q-time: 00:31:89	
PB (25m pool): 00:31.89 Herentals 09/05/2026										PB (50m pool): no time SB: no time	
	2 5 M		5 0 M								
PB			00:31.89								
			00:31.89								
											

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+						Heat:2, starttime: 17:21		
Heat: 2/3 Lane : 1 Athlete: TEAM LAQUA 1						Q-time: 01:58:94		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+						Heat:3, starttime: 17:23		
Heat: 3/3 Lane : 5 Athlete: TEAM LAQUA 2						Q-time: 01:40:88		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+						Heat:1, starttime: 17:26		
Heat: 1/3 Lane : 2 Athlete: TEAM LAQUA 3						Q-time: 02:07:75		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: LAQUA

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/3 Lane : 1 Athlete: TEAM LAQUA 2							Q-time: 02:05:01	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:31	
Heat: 3/3 Lane : 6 Athlete: TEAM LAQUA 1							Q-time: 01:53:52	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: