

PL VLB & B 26: Session: 4: 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: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 4 Athlete: VAN HOUDT SEOANE LISA					Q-time: 01:29:23
PB (25m pool): 01:29.23 LEUVEN 23/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.92		01:29.23	
		00:41.92		00:47.31	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 5 Athlete: DE RYCK HANNE					Q-time: 01:29:60
PB (25m pool): 01:29.60 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.18		01:29.60	
		00:42.18		00:47.42	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 1 Athlete: DE VOCHT FLORE					Q-time: 01:29:11
PB (25m pool): 01:29.11 Aarschot 04/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.11	
		no time			
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 2 Athlete: SIMONS HANNA					Q-time: 01:25:64
PB (25m pool): 01:25.64 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.00		01:25.64	
	00:39.00		00:46.64		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 8 Athlete: TYAGI YASHWINI					Q-time: 01:27:36
PB (25m pool): 01:27.36 Hoogstraten 28/09/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.36	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:36
Heat: 4/10 Lane : 8 Athlete: GADEYNE OLIVIA					Q-time: 01:23:50
PB (25m pool): 01:23.50 LEUVEN 21/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.45		01:23.50	
	00:38.45		00:45.05		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:38
Heat: 5/10 Lane : 3 Athlete: SOARES ALMEIDA ANNA					Q-time: 01:21:47
PB (25m pool): 01:21.47 LEUVEN 21/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.15		01:21.47	
	00:38.15		00:43.32		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:40
Heat: 6/10 Lane : 3 Athlete: PEERSMAN MALIN					Q-time: 01:19:23
PB (25m pool): 01:19.23 Leuven 23/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.23	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:44
Heat: 8/10 Lane : 4 Athlete: THYS LENA					Q-time: 01:12:03
PB (25m pool): 01:12.03 Hoogstraten 28/09/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.03	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:44
Heat: 8/10 Lane : 6 Athlete: WATELLE NONA					Q-time: 01:12:49
PB (25m pool): 01:12.49 LEUVEN 21/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.79		01:12.49	
	00:34.79		00:37.70		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:44
Heat: 8/10 Lane : 8 Athlete: GINKELS FEBE					Q-time: 01:14:34
PB (25m pool): 01:14.34 LEUVEN 21/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.96		01:14.34	
	00:33.96		00:40.38		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 5 Athlete: CAES OONE					Q-time: 01:06:13
PB (25m pool): 01:06.13 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.04		01:06.13	
	00:31.04		00:35.09		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 8 Athlete: SCHOEFS ELISE					Q-time: 01:10:23
PB (25m pool): 01:07.82 Leuven 13/11/2022 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.82	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:49	
Heat: 1/7 Lane : 5 Athlete: DERAEMAECKER MATHIAS							Q-time: 02:19:65	
PB (25m pool): 02:19.65 Dilbeek 10/05/2026							PB (50m pool): 02:19.77 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		00:33.24		01:10.29		no time		02:19.65
	00:33.24		00:37.05					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:52	
Heat: 2/7 Lane : 3 Athlete: ROOMAN EGON							Q-time: 02:12:26	
PB (25m pool): 02:12.26 LEUVEN 21/12/2025							PB (50m pool): 02:18.12SB: 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		00:30.87		01:05.14		01:39.32		02:12.26
	00:30.87		00:34.27		00:34.18		00:32.94	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:52	
Heat: 2/7 Lane : 4 Athlete: VRANCKX BOUDEWIJN							Q-time: 02:11:83	
PB (25m pool): 02:16.86 Leuven 12/10/2025				PB (50m pool): 02:11.83SB: 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		00:30.43		01:04.38		01:40.22		02:16.86
	00:30.43		00:33.95		00:35.84		00:36.64	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:52	
Heat: 2/7 Lane : 7 Athlete: ROOMAN HUGUES							Q-time: 02:15:97	
PB (25m pool): 02:15.97 Leuven 12/10/2025				PB (50m pool): 02:19.21SB: 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		00:31.84		01:06.98		01:42.63		02:15.97
	00:31.84		00:35.14		00:35.65		00:33.34	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:55	
Heat: 3/7 Lane : 6 Athlete: DIERICK OSCAR							Q-time: 02:10:54	
PB (25m pool): 02:10.54 LEUVEN 23/11/2025				PB (50m pool): 02:16.66SB: 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		00:29.92		00:48.43		01:36.64		02:10.54
	00:29.92		00:18.51		00:48.21		00:33.90	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:58	
Heat: 4/7 Lane : 2 Athlete: MEREMANS MATHYS							Q-time: 02:07:26	
PB (25m pool): 02:09.43 Leuven 12/10/2025				PB (50m pool): 02:07.26SB: 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		00:29.18		01:01.89		01:36.42		02:09.43
	00:29.18		00:32.71		00:34.53		00:33.01	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:58	
Heat: 4/7 Lane : 5 Athlete: VAN NOOTEN VIC							Q-time: 02:06:13	
PB (25m pool): 02:06.89 LEUVEN 23/11/2025				PB (50m pool): 02:06.13SB: 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		00:28.47		01:00.80		01:34.34		02:06.89
	00:28.47		00:32.33		00:33.54		00:32.55	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 6 Athlete: ZOUHRI AMIR							Q-time: 02:01:64	
PB (25m pool): 02:01.64 LEUVEN 23/11/2025			PB (50m pool): 02:08.90SB: 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		00:27.54		00:58.38		01:30.28		02:01.64
	00:27.54		00:30.84		00:31.90		00:31.36	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 5 Athlete: VAN HOOFF DAAN							Q-time: 01:56:09	
PB (25m pool): 01:56.09 LEUVEN 23/11/2025				PB (50m pool): 01:58.06 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		00:26.26		00:55.21		01:25.30		01:56.09
	00:26.26		00:28.95		00:30.09		00:30.79	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 6 Athlete: LISSENS TUUR							Q-time: 01:56:85	
PB (25m pool): 01:56.85 LEUVEN 21/12/2025				PB (50m pool): 01:59.09SB: 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		00:27.78		00:57.39		01:27.37		01:56.85
	00:27.78		00:29.61		00:29.98		00:29.48	
								

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 2 Athlete: TEIRLINCK LOUISE					Q-time: 01:12:28
PB (25m pool): 01:12.28 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:13.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.77		01:12.28	
	00:33.77		00:38.51		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:17
Heat: 2/3 Lane : 6 Athlete: SIGSWORTH KAYA					Q-time: 01:41:29
PB (25m pool): 01:41.29 Tremelo 24/05/2026					PB (50m pool): 01:45.41 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.43		01:41.29	
	00:47.43		00:53.86		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:19
Heat: 3/3 Lane : 4 Athlete: GINKELS ROBBE					Q-time: 01:23:20
PB (25m pool): 01:24.79 Temse 17/11/2025					PB (50m pool): 01:23.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.14		01:24.79	
	00:41.14		00:43.65		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:19
Heat: 3/3 Lane : 6 Athlete: RATIU THOMAS					Q-time: 01:25:22
PB (25m pool): 01:28.64 LEUVEN 22/02/2026					PB (50m pool): 01:25.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.45		01:28.64	
	00:42.45		00:46.19		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 5 Athlete: DE RYCK HANNE					Q-time: 01:28:89
PB (25m pool): 01:28.89 Meise 21/06/2026					PB (50m pool): 01:29.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.95		01:28.89	
	00:42.95		00:45.94		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 2 Athlete: SIMONS HANNA					Q-time: 01:25:71
PB (25m pool): 01:39.08 Bastogne 06/04/2025					PB (50m pool): 01:25.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.85		01:39.08	
	00:49.85		00:49.23		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 3 Athlete: VAN HOUDT SEOANE LISA					Q-time: 01:24:07
PB (25m pool): 01:24.07 Meise 21/06/2026					PB (50m pool): 01:26.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.85		01:24.07	
	00:41.85		00:42.22		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:25
Heat: 3/10 Lane : 3 Athlete: DE VOCHT FLORE					Q-time: 01:22:00
PB (25m pool): 01:22.00 Tremelo 24/05/2026					PB (50m pool): 01:24.40 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.49		01:22.00	
	00:39.49		00:42.51		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:25
Heat: 3/10 Lane : 4 Athlete: SOARES ALMEIDA ANNA					Q-time: 01:21:77
PB (25m pool): 01:21.77 Meise 21/06/2026					PB (50m pool): 01:24.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.35		01:21.77	
	00:40.35		00:41.42		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 2 Athlete: GADEYNE OLIVIA					Q-time: 01:17:76
PB (25m pool): 01:17.76 Meise 21/06/2026					PB (50m pool): 01:21.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.25		01:17.76	
	00:38.25		00:39.51		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 3 Athlete: VAN BEGIN SARAH					Q-time: 01:17:02
PB (25m pool): 01:17.89 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:22.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.26		01:17.89	
	00:38.26		00:39.63		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 6 Athlete: ANTIPINA ALEXANDRA					Q-time: 01:17:06
PB (25m pool): 01:17.06 Mons 26/10/2025					PB (50m pool): 01:19.09 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.68		01:17.06	
	00:37.68		00:39.38		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 7 Athlete: VANHEULE LÉA					Q-time: 01:17:94
PB (25m pool): 01:17.94 Tremelo 24/05/2026					PB (50m pool): 01:18.41 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.34		01:17.94	
	00:37.34		00:40.60		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 5 Athlete: BURSSSENS EMMA					Q-time: 01:15:37
PB (25m pool): 01:15.37 Leuven 12/10/2025					PB (50m pool): 01:19.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.37	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 7 Athlete: PEERSMAN MALIN					Q-time: 01:16:33
PB (25m pool): 01:16.33 Temse 17/11/2025					PB (50m pool): 01:18.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.07		01:16.33	
	00:37.07		00:39.26		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 8 Athlete: ADELMANN CLARA CENXI					Q-time: 01:08:35
PB (25m pool): 01:11.03 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.78		01:11.03	
	00:34.78		00:36.25		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:40	
Heat: 1/3 Lane : 3 Athlete: ROOMAN ALEXIS							Q-time: 02:59:56	
PB (25m pool): 02:59.56 LEUVEN. 22/02/2026				PB (50m pool): 03:03.43 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		00:41.16		01:27.56		no time		02:59.56
	00:41.16		00:46.40					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:40	
Heat: 1/3 Lane : 5 Athlete: VERNIMMEN NICHOLAS							Q-time: 02:56:84	
PB (25m pool): 02:56.84 LEUVEN. 22/02/2026				PB (50m pool): 02:57.21 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		00:39.63		01:25.34		no time		02:56.84
	00:39.63		00:45.71					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:44	
Heat: 2/3 Lane : 1 Athlete: STUMM CHARLES							Q-time: 02:47:92	
PB (25m pool): 02:47.92 LEUVEN. 22/02/2026				PB (50m pool): 03:04.83SB: 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		00:37.31		01:20.55		no time		02:47.92
	00:37.31		00:43.24					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:44	
Heat: 2/3 Lane : 2 Athlete: SLOOTMAEKERS MATTEO							Q-time: 02:46:17	
PB (25m pool): 02:46.17 LEUVEN 23/11/2025				PB (50m pool): 02:54.75 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		00:37.25		01:19.90		02:03.31		02:46.17
	00:37.25		00:42.65		00:43.41		00:42.86	
								

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 7 Athlete: BERLAMONT DAAN							Q-time: 02:36:66	
PB (25m pool): 02:36.66 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:51.95 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		00:36.01		01:16.20		01:57.16		02:36.66
	00:36.01		00:40.19		00:40.96		00:39.50	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 8 Athlete: RATIU MATHEO							Q-time: 02:38:40	
PB (25m pool): 02:38.40 LEUVEN. 22/02/2026				PB (50m pool): 02:41.14SB: 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		00:35.93		01:17.55		no time		02:38.40
	00:35.93		00:41.62					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:36	
Heat: 3/9 Lane : 7 Athlete: STUMM CHARLES						Q-time: 00:27:63		
PB (25m pool): 00:28.81 LEUVEN 23/11/2025				PB (50m pool): 00:28.99SB: no time				
	2 5 M	5 0 M						
PB		00:28.81						
	00:28.81							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:5, starttime: 16:38		
Heat: 5/9 Lane : 1 Athlete: BOBEV BOYAN							Q-time: 00:26:58		
PB (25m pool): 00:26.58 Leuven 12/10/2025				PB (50m pool): 00:27.23				SB: no time	
PB	2 5 M		5 0 M						
			00:26.58						
			00:26.58						
									

Coach feedback:

PL VLB & B 26: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:40
Heat: 7/9 Lane : 6 Athlete: ZOUHRI AMIR			Q-time: 00:25:41
PB (25m pool): 00:25.41 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:25.74 SB: no time
	2 5 M	5 0 M	
PB		00:25.41	
		00:25.41	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:45
Heat: 3/4 Lane : 7 Athlete: THYS LENA			Q-time: 00:36:77
PB (25m pool): 00:36.53 LEUVEN 24/11/2024			PB (50m pool): 00:37.76 SB: no time
	2 5 M	5 0 M	
PB		00:36.53	
		00:36.53	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 16:47
Heat: 4/4 Lane : 2 Athlete: WATELLE NONA			Q-time: 00:34:81
PB (25m pool): 00:35.40 LEUVEN 23/11/2025			PB (50m pool): 00:34.81 SB: no time
	2 5 M	5 0 M	
PB		00:35.40	
		00:35.40	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 16:47
Heat: 4/4 Lane : 4 Athlete: CAES OONE			Q-time: 00:32:58
PB (25m pool): 00:32.58 Herentals 09/05/2026			PB (50m pool): 00:33.56 SB: no time
	2 5 M	5 0 M	
PB		00:32.58	
		00:32.58	
			

Coach feedback:

PL VLB & B 26: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 16:47	
Heat: 4/4 Lane : 5 Athlete: SCHOEFS ELISE							Q-time: 00:33:50	
PB (25m pool): 00:32.45 Leuven 13/11/2022							PB (50m pool): 00:33.33SB: no time	
	2 5 M		5 0 M					
PB			00:32.45					
			00:32.45					
								

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:56	
Heat: 2/3 Lane : 1 Athlete: TEAM LAQUA 1							Q-time: 02:11:41	
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: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 3 Athlete: TEAM LAQUA 2							Q-time: 01:53:33	
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: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:01	
Heat: 1/3 Lane : 3 Athlete: TEAM LAQUA 1							Q-time: 02:23:98	
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: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:01	
Heat: 1/3 Lane : 5 Athlete: TEAM LAQUA 2							Q-time: 02:23:00	
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: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:04	
Heat: 2/3 Lane : 4 Athlete: TEAM LAQUA 3							Q-time: 02:10:47	
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: