

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vanmeerbeek Rob

Coaches: Tampieri Matteo HEADCOACH

Coaches: Limme Rajan

Coaches: Mous Anke

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

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/24 Lane : 3 Athlete: ASSAM ELOISE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/24 Lane : 6 Athlete: VAN HOOFF FLOOR					Q-time: 99:99:99
PB (50m pool): 02:46.13 Zwembad Brigitte Becue Oostend 10/09/25 PB (25m pool): 02:49.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:46.13	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 14:25
Heat: 4/24 Lane : 4 Athlete: VANDENSANDE LUCÍA					Q-time: 03:42:88
PB (50m pool): no time PB (25m pool): 03:42.88 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	.	.	.	.	

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 14:25
Heat: 4/24 Lane : 7 Athlete: VANDENSANDE CLARA					Q-time: 03:48:84
PB (50m pool): no time					PB (25m pool): 03:39.04 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 14:25
Heat: 4/24 Lane : 8 Athlete: VERMEULEN LOUISE					Q-time: 03:53:66
PB (50m pool): no time					PB (25m pool): 03:53.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 14:40
Heat: 7/24 Lane : 1 Athlete: VAN HOUDT SEOANE LISA					Q-time: 03:21:84
PB (50m pool): 03:24.63 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 03:10.97 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.78	01:40.32	02:39.49	03:24.63	
	00:47.78	00:52.54	00:59.17	00:45.14	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 14:40
Heat: 7/24 Lane : 2 Athlete: BOBEVA DARA					Q-time: 03:21:39
PB (50m pool): 03:18.49 Olympic Pool Wezenberg, Antwer 29/03/2025					PB (25m pool): 03:18.73 SB: 03:18.49 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.43	01:37.16	02:34.83	03:18.49	
	00:44.43	00:52.73	00:57.67	00:43.66	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 14:45
Heat: 8/24 Lane : 2 Athlete: SIMONS HANNA					Q-time: 03:16:88
PB (50m pool): no time			PB (25m pool): 03:16.88 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 4 Athlete: VAN BEGIN SARAH					Q-time: 03:05:15
PB (50m pool): 03:16.73 Antwerpen 13/07/2025			PB (25m pool): 03:05.15 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.54	01:36.61	02:34.07	03:16.73	
	00:45.54	00:51.07	00:57.46	00:42.66	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 5 Athlete: GADEYNE OLIVIA					Q-time: 03:05:69
PB (50m pool): 03:05.69 Molenbeek 01/02/2026			PB (25m pool): 03:16.26 SB: 03:05.69 Molenbeek 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:05.69	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 15:00
Heat: 13/24 Lane : 2 Athlete: DE VOCHT FLORE					Q-time: 03:00:10
PB (50m pool): 02:59.33 Antwerpen 08/03/2026			PB (25m pool): 03:00.10 SB: 02:59.33 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.94	01:25.93	02:19.86	02:59.33	
	00:38.94	00:46.99	00:53.93	00:39.47	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 15:00
Heat: 13/24 Lane : 4 Athlete: TYAGI YASHWINI					Q-time: 02:59:44
PB (50m pool): 03:07.78 Antwerpen 20/07/2025					PB (25m pool): 02:59.44 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.02	01:29.97	02:25.02	03:07.78	
	00:41.02	00:48.95	00:55.05	00:42.76	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:15, starttime: 15:10
Heat: 15/24 Lane : 4 Athlete: VANHEULE LÉA					Q-time: 02:55:03
PB (50m pool): 03:01.64 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:55.03 SB: 03:01.64 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.61	01:24.55	02:21.75	03:01.64	
	00:38.61	00:45.94	00:57.20	00:39.89	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:16, starttime: 15:15
Heat: 16/24 Lane : 4 Athlete: ANTIPINA ALEXANDRA					Q-time: 02:52:52
PB (50m pool): 02:50.17 Antwerpen 08/03/2026					PB (25m pool): 02:52.52 SB: 02:50.17 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.28	01:20.89	02:12.95	02:50.17	
	00:36.28	00:44.61	00:52.06	00:37.22	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:16, starttime: 15:15
Heat: 16/24 Lane : 7 Athlete: SOARES ALMEIDA ANNA					Q-time: 02:53:55
PB (50m pool): 02:55.41 Antwerpen 20/07/2025					PB (25m pool): 02:53.55 SB: 02:58.00 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.53	01:25.09	02:14.81	02:55.41	
	00:38.53	00:46.56	00:49.72	00:40.60	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:18, starttime: 15:20
Heat: 18/24 Lane : 2 Athlete: BURSSSENS EMMA					Q-time: 02:47:83
PB (50m pool): 02:49.28 Antwerpen 13/07/2025					PB (25m pool): 02:47.83 SB: 02:53.97 Molenbeek 01/02/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:36.83	01:20.57	02:11.38	02:49.28	
	00:36.83	00:43.74	00:50.81	00:37.90	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 2 Athlete: PEERSMAN MALIN					Q-time: 02:42:71
PB (50m pool): 02:48.92 Antwerpen 08/03/2026					PB (25m pool): 02:42.71 SB: 02:48.92 Antwerpen 08/03/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:34.29	01:16.74	02:09.06	02:48.92	
	00:34.29	00:42.45	00:52.32	00:39.86	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 5 Athlete: THYS LENA					Q-time: 02:40:61
PB (50m pool): 02:40.61 Molenbeek 01/02/2026					PB (25m pool): 02:31.91 SB: 02:40.61 Molenbeek 01/02/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	no time	no time	no time	02:40.61	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 7 Athlete: ROGIERS LAYLA					Q-time: 02:41:29
PB (50m pool): 02:42.42 Antwerpen 08/03/2026					PB (25m pool): 02:41.29 SB: 02:42.42 Antwerpen 08/03/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:34.33	01:16.93	02:06.59	02:42.42	
	00:34.33	00:42.60	00:49.66	00:35.83	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 4 Athlete: TEIRLINCK LOUISE					Q-time: 02:36:63
PB (50m pool): 02:39.36 Antwerp 28/01/2024					PB (25m pool): 02:36.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:39.36	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 6 Athlete: GINKELS FEBE					Q-time: 02:38:17
PB (50m pool): 02:43.12 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:38.17 SB: 02:43.12 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.88	01:16.07	02:05.84	02:43.12	
	00:33.88	00:42.19	00:49.77	00:37.28	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:23, starttime: 15:35
Heat: 23/24 Lane : 2 Athlete: WATELLE NONA					Q-time: 02:34:71
PB (50m pool): 02:36.95 Eindhoven 22/03/2026					PB (25m pool): 02:34.71 SB: 02:36.95 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.48	01:16.57	01:59.60	02:36.95	
	00:36.48	00:40.09	00:43.03	00:37.35	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 7 Athlete: ADELMANN CLARA CENXI					Q-time: 02:29:47
PB (50m pool): 02:29.20 Antwerpen 08/03/2026					PB (25m pool): 02:26.52 SB: 02:29.20 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.79	01:11.52	01:56.68	02:29.20	
	00:32.79	00:38.73	00:45.16	00:32.52	
					

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:10	
Heat: 2/10 Lane : 8 Athlete: DERAEMAECKER LANDER							Q-time: 05:30:06	
PB (50m pool): no time			PB (25m pool): 05:30.06 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:20	
Heat: 4/10 Lane : 8 Athlete: RATIU THOMAS							Q-time: 05:10:32	
PB (50m pool): 05:10.32 Antwerpen 20/07/2025				PB (25m pool): 05:45.61 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.66	01:15.25	01:55.57	02:35.83	03:15.48	03:54.45	04:33.72	05:10.32
	00:35.66	00:39.59	00:40.32	00:40.26	00:39.65	00:38.97	00:39.27	00:36.60
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:25	
Heat: 5/10 Lane : 0 Athlete: DERAEMAECKER MATHIAS							Q-time: 05:06:04	
PB (50m pool): 05:26.23 Antwerp 26/01/2025				PB (25m pool): 05:06.04 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.99	01:18.27	02:00.36	02:41.78	03:23.54	04:04.62	04:46.62	05:26.23
	00:36.99	00:41.28	00:42.09	00:41.42	00:41.76	00:41.08	00:42.00	00:39.61
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:6, starttime: 16:35	
Heat: 6/10 Lane : 2 Athlete: SLOOTMAEKERS MATTEO							Q-time: 04:53:55	
PB (50m pool): 05:23.08 La Louvière 30/04/2023				PB (25m pool): 04:53.55 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	05:23.08
	<i>no time</i>							
								

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:6, starttime: 16:35	
Heat: 6/10 Lane : 5 Athlete: GINKELS ROBBE							Q-time: 04:51:74	
PB (50m pool): 05:03.06 Antwerpen 20/07/2025 PB (25m pool): 04:51.74 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:33.91	01:12.29	01:51.95	02:30.45	03:09.19	03:48.63	04:26.46	05:03.06
	00:33.91	00:38.38	00:39.66	00:38.50	00:38.74	00:39.44	00:37.83	00:36.60
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:7, starttime: 16:40	
Heat: 7/10 Lane : 6 Athlete: ROOMAN HUGUES							Q-time: 04:44:72	
PB (50m pool): 05:04.32 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:44.72 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:33.20	01:10.34	01:49.10	02:28.47	03:08.21	03:48.28	04:26.95	05:04.32
	00:33.20	00:37.14	00:38.76	00:39.37	00:39.74	00:40.07	00:38.67	00:37.37
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 7 Athlete: ZOUHRI AMIR							Q-time: 04:28:05	
PB (50m pool): 04:35.45 Antwerpen 08/03/2026 PB (25m pool): 04:28.05 SB: 04:35.45 Antwerpen 08/03/2026								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.88	01:05.46	01:40.67	02:16.26	02:51.62	03:26.94	04:02.99	04:35.45
	00:30.88	00:34.58	00:35.21	00:35.59	00:35.36	00:35.32	00:36.05	00:32.46
								

Coach feedback: