

SPEEDOMEETING 2026: Session: 5: 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: 24: 200M MEDLEY MEN 11+					Heat:3, starttime: 14:25
Heat: 3/19 Lane : 7 Athlete: ARUSTAMYAN ARTHUR					Q-time: 03:40:89
PB (50m pool): no time PB (25m pool): 03:40.89SB: 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: 24: 200M MEDLEY MEN 11+					Heat:6, starttime: 14:35
Heat: 6/19 Lane : 8 Athlete: DERAEMAECKER LANDER					Q-time: 03:08:89
PB (50m pool): 03:08.89 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:11.19SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.94	01:29.60	02:25.60	03:08.89	
	00:42.94	00:46.66	00:56.00	00:43.29	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:9, starttime: 14:50
Heat: 9/19 Lane : 3 Athlete: DERAEMAECKER MATHIAS					Q-time: 02:48:15
PB (50m pool): 02:49.35 Molenbeek 01/02/2026 PB (25m pool): 02:48.15SB: 02:49.35 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	02:49.35	
	no time				
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:9, starttime: 14:50
Heat: 9/19 Lane : 6 Athlete: SOMEI THIBAUT					Q-time: 02:48:20
PB (50m pool): 03:16.59 Sint-Jans-Molenbeek 19/02/2023					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	03:16.59	
	no time				
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:11, starttime: 14:55
Heat: 11/19 Lane : 1 Athlete: ROOMAN ALEXIS					Q-time: 02:42:45
PB (50m pool): 02:41.67 Antwerpen 08/03/2026					PB (25m pool): 02:42.45 SB: 02:41.67 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.56	01:19.03	02:06.08	02:41.67	
	00:35.56	00:43.47	00:47.05	00:35.59	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:12, starttime: 15:00
Heat: 12/19 Lane : 3 Athlete: VERNIMMEN NICHOLAS					Q-time: 02:37:91
PB (50m pool): 02:46.37 Antwerpen 20/07/2025					PB (25m pool): 02:37.91 SB: 02:46.56 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.94	01:21.81	02:10.08	02:46.37	
	00:36.94	00:44.87	00:48.27	00:36.29	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:13, starttime: 15:00
Heat: 13/19 Lane : 1 Athlete: RATIU THOMAS					Q-time: 02:35:45
PB (50m pool): 02:39.01 Antwerpen 08/03/2026					PB (25m pool): 02:35.45 SB: 02:39.01 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.81	01:15.34	02:03.87	02:39.01	
	00:33.81	00:41.53	00:48.53	00:35.14	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:13, starttime: 15:00
Heat: 13/19 Lane : 2 Athlete: GINKELS ROBBE					Q-time: 02:34:93
PB (50m pool): 02:37.09 Antwerpen 08/03/2026					PB (25m pool): 02:34.77 SB: 02:37.09 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.39	01:14.02	02:01.01	02:37.09	
	00:33.39	00:40.63	00:46.99	00:36.08	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:13, starttime: 15:00
Heat: 13/19 Lane : 9 Athlete: ROOMAN HUGUES					Q-time: 02:36:11
PB (50m pool): 02:46.14 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:36.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.47	01:19.35	02:10.03	02:46.14	
	00:35.47	00:43.88	00:50.68	00:36.11	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:14, starttime: 15:05
Heat: 14/19 Lane : 6 Athlete: SLOOTMAEKERS MATTEO					Q-time: 02:33:13
PB (50m pool): 02:37.58 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:33.13 SB: 02:44.87 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.71	01:14.43	01:59.86	02:37.58	
	00:33.71	00:40.72	00:45.43	00:37.72	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:16, starttime: 15:10
Heat: 16/19 Lane : 3 Athlete: ROOMAN EGON					Q-time: 02:28:12
PB (50m pool): 02:36.61 Antwerp 26/01/2025					PB (25m pool): 02:28.12 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.49	01:15.05	02:00.96	02:36.61	
	00:34.49	00:40.56	00:45.91	00:35.65	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:17, starttime: 15:15
Heat: 17/19 Lane : 2 Athlete: MEREMANS MATHYS					Q-time: 02:26:14
PB (50m pool): 02:29.96 Antwerpen 08/03/2026					PB (25m pool): 02:24.65 SB: 02:29.96 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.90	01:10.23	01:56.58	02:29.96	
	00:30.90	00:39.33	00:46.35	00:33.38	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:17, starttime: 15:15
Heat: 17/19 Lane : 3 Athlete: VAN NOOTEN VIC					Q-time: 02:26:02
PB (50m pool): 02:25.24 Eindhoven 22/03/2026					PB (25m pool): 02:26.02 SB: 02:25.24 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.34	01:06.45	01:52.32	02:25.24	
	00:29.34	00:37.11	00:45.87	00:32.92	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:17, starttime: 15:15
Heat: 17/19 Lane : 4 Athlete: BOBEV BOYAN					Q-time: 02:24:42
PB (50m pool): 02:29.16 Antwerpen 27/07/2025					PB (25m pool): 02:24.42 SB: 02:37.98 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.96	01:09.13	01:53.57	02:29.16	
	00:29.96	00:39.17	00:44.44	00:35.59	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:18, starttime: 15:15
Heat: 18/19 Lane : 8 Athlete: ZOUHRI AMIR					Q-time: 02:22:98
PB (50m pool): 02:34.06 Antwerpen 21/07/2024					PB (25m pool): 02:22.98 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	02:34.06	
	no time				
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:18, starttime: 15:15
Heat: 18/19 Lane : 9 Athlete: DIERICK OSCAR					Q-time: 02:23:88
PB (50m pool): 02:27.64 Antwerpen 08/03/2026					PB (25m pool): 02:23.88 SB: 02:27.64 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.82	01:10.70	01:55.73	02:27.64	
	00:30.82	00:39.88	00:45.03	00:31.91	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:19, starttime: 15:20
Heat: 19/19 Lane : 4 Athlete: BERLAMONT DAAN					Q-time: 02:10:86
PB (50m pool): 02:13.69 Eindhoven 22/03/2026					PB (25m pool): 02:10.86 SB: 02:13.69 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.36	01:02.65	01:42.98	02:13.69	
	00:28.36	00:34.29	00:40.33	00:30.71	
					

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:45			
Heat: 1/10 Lane : 3 Athlete: VANHEULE LÉA					Q-time: 05:44:09			
PB (50m pool): 05:44.09 Molenbeek 01/02/2026					PB (25m pool): 05:49.12 SB: 05:44.09 Molenbeek 01/02/2026			
	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	no time	01:20.92	no time	02:49.84	no time	no time	no time	05:44.09
	no time							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:2, starttime: 15:55			
Heat: 2/10 Lane : 1 Athlete: TYAGI YASHWINI					Q-time: 05:42:33			
PB (50m pool): 06:20.27 Antwerp 26/01/2025					PB (25m pool): 05:42.33 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	00:42.37	01:31.25	02:20.07	03:09.79	03:58.43	04:48.42	05:36.32	06:20.27
	00:42.37	00:48.88	00:48.82	00:49.72	00:48.64	00:49.99	00:47.90	00:43.95
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/10 Lane : 2 Athlete: DE VOCHT FLORE							Q-time: 05:39:55	
PB (50m pool): no time			PB (25m pool): 05:39.55 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	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/10 Lane : 5 Athlete: GADEYNE OLIVIA							Q-time: 05:37:84	
PB (50m pool): 05:51.67 Molenbeek 01/02/2026				PB (25m pool): 05:37.84 SB: 05:51.67 Molenbeek 01/02/2026				
	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	no time	01:23.13	no time	02:55.14	no time	no time	no time	05:51.67
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:10	
Heat: 5/10 Lane : 2 Athlete: ANTIPINA ALEXANDRA							Q-time: 05:21:41	
PB (50m pool): 05:21.41 Antwerpen 20/07/2025				PB (25m pool): 06:00.41 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	00:36.08	01:17.23	01:58.92	02:40.29	03:21.30	04:02.87	04:43.26	05:21.41
	00:36.08	00:41.15	00:41.69	00:41.37	00:41.01	00:41.57	00:40.39	00:38.15
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:15	
Heat: 6/10 Lane : 6 Athlete: BURSSSENS EMMA							Q-time: 05:12:47	
PB (50m pool): 05:13.53 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 05:12.47 SB: 05:22.22 Molenbeek 01/02/2026								
	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	00:32.92	01:10.19	01:49.65	02:29.74	03:10.08	03:51.45	04:32.91	05:13.53
	00:32.92	00:37.27	00:39.46	00:40.09	00:40.34	00:41.37	00:41.46	00:40.62
								

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:25	
Heat: 7/10 Lane : 0 Athlete: ROGIERS LAYLA							Q-time: 05:07:67	
PB (50m pool): 05:07.67 Antwerpen 20/07/2025				PB (25m pool): 05:31.05 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	00:35.42	01:14.87	01:54.49	02:34.11	03:13.91	03:54.65	04:33.97	05:07.67
	00:35.42	00:39.45	00:39.62	00:39.62	00:39.80	00:40.74	00:39.32	00:33.70
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 16:30	
Heat: 8/10 Lane : 0 Athlete: PEERSMAN MALIN							Q-time: 05:01:50	
PB (50m pool): 05:15.56 Antwerpen 27/04/2025				PB (25m pool): 05:01.50 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	00:35.13	01:14.59	01:55.30	02:36.43	03:16.85	03:58.36	04:38.47	05:15.56
	00:35.13	00:39.46	00:40.71	00:41.13	00:40.42	00:41.51	00:40.11	00:37.09
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 16:30	
Heat: 8/10 Lane : 3 Athlete: GINKELS FEBE							Q-time: 04:56:26	
PB (50m pool): 05:10.62 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:56.26 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	00:34.56	01:12.80	01:52.60	02:32.27	03:12.04	03:52.26	04:32.64	05:10.62
	00:34.56	00:38.24	00:39.80	00:39.67	00:39.77	00:40.22	00:40.38	00:37.98
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:9, starttime: 16:35	
Heat: 9/10 Lane : 8 Athlete: THYS LENA							Q-time: 04:52:52	
PB (50m pool): 04:52.52 Molenbeek 01/02/2026				PB (25m pool): 04:44.13 SB: 04:52.52 Molenbeek 01/02/2026				
	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	no time	01:11.01	no time	02:25.68	no time	no time	no time	04:52.52
	<i>no time</i>							
								

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:10, starttime: 16:40	
Heat: 10/10 Lane : 4 Athlete: ADELMANN CLARA CENXI							Q-time: 04:25:97	
PB (50m pool): 04:29.53 Antwerpen 27/07/2025				PB (25m pool): 04:25.97 SB: 04:30.94 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	00:31.01	01:05.03	01:39.49	02:13.94	02:48.58	03:23.05	03:57.01	04:29.53
	00:31.01	00:34.02	00:34.46	00:34.45	00:34.64	00:34.47	00:33.96	00:32.52
								

Coach feedback: