VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Ronsmans Eric

Coaches: Vanmeerbeek Rob

Coaches: Delport Titia HEADCOACH

Coaches: Mous Anke

Coaches: Tampieri Matteo

Coaches: Lecoutere Jeroen

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:3, starttime: 09:36

Heat: 3/5 Lane : 2 Athlete: MEREMANS MATHYS — **Q-time: 02:26:14**

PB (50m pool): 02:31.33 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:24.65 **SB:** no time

	50M	100M	150M	200M	
PB	00:32.29	01:11.44	01:57.74	02:31.33	
	00:32.29	*00:39.15*	*00:46.30*	*00:33.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:3, starttime: 09:36

Heat: 3/5 Lane : 6 Athlete: DIERICK OSCAR — **Q-time: 02:25:89**

PB (50m pool): 02:32.77 Molenbeek 01/02/2026 PB (25m pool): 02:23.88 **SB:** 02:32.77 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	no time	no time	no time	02:32.77	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/4 Lane : 3 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

	50M	100M	150M	200M	
PB	no time	no time	no time	02:39.36	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:3, starttime: 09:51

Heat: 3/4 Lane : 7 Athlete: THYS LENA — **Q-time: 02:31:91**

PB (50m pool): 02:40.61 Molenbeek 01/02/2026 **PB (25m pool):** 02:31.91 **SB:** 02:40.61 Molenbeek 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:40.61	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:4, starttime: 09:54

Heat: 4/4 Lane : 8 Athlete: ADELMANN CLARA CENXI — **Q-time: 02:29:47**

PB (50m pool): 02:29.79 Antwerp 09/02/2025 **PB (25m pool):** 02:26.52 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:32.55	01:11.69	01:56.15	02:29.79	
	00:32.55	*00:39.14*	*00:44.46*	*00:33.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:1, starttime: 10:18

Heat: 1/4 Lane : 6 Athlete: ROOMAN ALEXIS — **Q-time: 01:26:96**

PB (50m pool): 01:27.25 Molenbeek 01/02/2026 **PB (25m pool):** 01:26.96 **SB:** 01:27.25 Molenbeek 01/02/2026

	50 M	100 M	
PB	no time	01:27.25	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:4, starttime: 10:23

Heat: 4/4 Lane : 3 Athlete: RATIU MATHEO — **Q-time: 01:17:27**

PB (50m pool): 01:17.74 Wezenberg 04/01/2026 **PB (25m pool):** 01:14.13 **SB:** 01:17.74 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:36.43	01:17.74	
	00:36.43	*00:41.31*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 10:30

Heat: 3/4 Lane : 2 Athlete: GINKELS FEBE — **Q-time: 01:23:53**

PB (50m pool): 01:27.70 Wezenberg 04/01/2026 — **PB (25m pool):** 01:23.53 **SB:** 01:27.70 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:41.12	01:27.70	
	00:41.12	*00:46.58*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:1, starttime: 10:34

Heat: 1/4 Lane : 6 Athlete: MEREMANS MATHYS — **Q-time: 01:09:02**

PB (50m pool): 01:09.97 Gent 08/02/2026 — **PB (25m pool):** 01:09.02 **SB:** 01:09.97 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.18	01:09.97	
	00:31.18	*00:38.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:3, starttime: 10:37

Heat: 3/4 Lane : 4 Athlete: BERLAMONT DAAN — **Q-time: 00:58:89**

PB (50m pool): 00:58.89 Gent 08/02/2026 — **PB (25m pool):** 00:58.92 **SB:** 00:58.89 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:27.68	00:58.89	
	00:27.68	*00:31.21*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:3, starttime: 10:37

Heat: 3/4 Lane : 5 Athlete: LISSENS TUUR — **Q-time: 00:59:76**

PB (50m pool): 01:00.89 Antwerpen 27/07/2025 — **PB (25m pool):** 00:59.36 **SB:** 01:00.98 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:28.54	01:00.89	
	00:28.54	*00:32.35*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Event number: 6: 100M BUTTERFLY MEN 15-16 **Heat:4, starttime: 10:39**

Heat: 4/4 Lane : 1 Athlete: BOBEV BOYAN **Q-time: 01:04:97**

PB (50m pool): **01:08.28** **Antwerpen** **13/07/2025** **PB (25m pool):** 01:04.97 **SB:** 01:10.65 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	00:30.59	01:08.28	
	00:30.59	*00:37.69*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: