VJTC 2026: Session: 3: 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: 23: 200M MEDLEY MEN 13-14 — Heat:2, starttime: 09:33

Heat: 2/5 Lane : 2 Athlete: ROOMAN ALEXIS — **Q-time: 02:42:45**

PB (50m pool): 02:45.79 Antwerpen 20/07/2025 **PB (25m pool):** 02:42.45 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.29	01:20.19	02:09.71	02:45.79	
	00:36.29	*00:43.90*	*00:49.52*	*00:36.08*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:5, starttime: 09:43

Heat: 5/5 Lane : 7 Athlete: RATIU MATHEO — **Q-time: 02:27:18**

PB (50m pool): 02:30.82 Wezenberg 04/01/2026 **PB (25m pool):** 02:27.18 **SB:** 02:30.82 Wezenberg 04/01/2026

	50M	100M	150M	200M	
PB	00:32.49	01:10.77	01:55.53	02:30.82	
	00:32.49	*00:38.28*	*00:44.76*	*00:35.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:6, starttime: 10:03

Heat: 6/7 Lane : 3 Athlete: GINKELS FEBE — **Q-time: 02:38:17**

PB (50m pool): 02:44.79 Antwerpen 20/07/2025 **PB (25m pool):** 02:38.17 **SB:** 02:46.05 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:35.07	01:18.68	02:07.62	02:44.79	
	00:35.07	*00:43.61*	*00:48.94*	*00:37.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:12

Heat: 2/5 Lane : 8 Athlete: BOBEV BOYAN — **Q-time: 01:08:83**

PB (50m pool): 01:11.99 Olympic Pool Wezenberg, Antwer 30/03/2025 **PB (25m pool):** 01:08.83 **SB:** 01:13.52 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:35.32	01:11.99	
	00:35.32	*00:36.67*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:3, starttime: 10:14

Heat: 3/5 Lane : 2 Athlete: DIERICK OSCAR — **Q-time: 01:04:23**

PB (50m pool): 01:07.11 Molenbeek 01/02/2026 **PB (25m pool):** 01:03.03 **SB:** 01:07.11 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:07.11	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:5, starttime: 10:18

Heat: 5/5 Lane : 1 Athlete: MEREMANS MATHYS — **Q-time: 01:05:21**

PB (50m pool): 01:07.84 Antwerpen 20/04/2025 **PB (25m pool):** 01:05.21 **SB:** 01:08.85 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:33.13	01:07.84	
	00:33.13	*00:34.71*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:1, starttime: 10:20

Heat: 1/5 Lane : 7 Athlete: THYS LENA — **Q-time: 01:16:20**

PB (50m pool): 01:16.20 Wezenberg 03/01/2026 **PB (25m pool):** 01:16.22 **SB:** 01:16.20 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:36.62	01:16.20	
	00:36.62	*00:39.58*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:22

Heat: 2/5 Lane : 6 Athlete: WATELLE NONA — **Q-time: 01:11:40**

PB (50m pool): 01:13.39 Antwerpen 27/07/2025 **PB (25m pool):** 01:11.40 **SB:** 01:14.15 Gent 08/02/2026

	50 M	100 M	
PB	00:35.57	01:13.39	
	00:35.57	*00:37.82*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:22

Heat: 2/5 Lane : 8 Athlete: TEIRLINCK LOUISE — **Q-time: 01:12:46**

PB (50m pool): 01:15.82 Antwerpen 29/01/2023 **PB (25m pool):** 01:12.46 **SB:** 01:17.45 Molenbeek 01/02/2026

	50 M	100 M	
PB	no time	01:15.82	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 10:25

Heat: 3/5 Lane : 8 Athlete: ADELMANN CLARA CENXI — **Q-time: 01:11:03**

PB (50m pool): 01:11.68 Antwerpen 27/07/2025 **PB (25m pool):** 01:11.03 **SB:** 01:13.15 Gent 08/02/2026

	50 M	100 M	
PB	no time	01:11.68	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 10:53

Heat: 7/7 Lane : 4 Athlete: GINKELS ROBBE — **Q-time: 02:34:93**

PB (50m pool): 02:39.80 Wezenberg 04/01/2026 **PB (25m pool):** 02:34.77 **SB:** 02:39.80 Wezenberg 04/01/2026

	50 M	100 M	150 M	200 M	
PB	00:33.85	01:15.24	02:03.13	02:39.80	
	00:33.85	*00:41.39*	*00:47.89*	*00:36.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 10:53

Heat: 7/7 Lane : 5 Athlete: RATIU THOMAS — **Q-time: 02:35:45**

PB (50m pool): 02:42.48 Wezenberg 04/01/2026 **PB (25m pool):** 02:35.45 **SB:** 02:42.48 Wezenberg 04/01/2026

	50M	100M	150M	200M	
PB	00:35.56	01:17.52	02:06.89	02:42.48	
	00:35.56	*00:41.96*	*00:49.37*	*00:35.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:4, starttime: 11:08

Heat: 4/7 Lane : 7 Athlete: DE VOCHT FLORE — **Q-time: 03:00:10**

PB (50m pool): no time **PB (25m pool):** 03:00.10 **SB:** no time

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

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:15

Heat: 6/7 Lane : 3 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:** no time

	50M	100M	150M	200M	
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:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:15

Heat: 6/7 Lane : 4 Athlete: ANTIPINA ALEXANDRA — **Q-time: 02:52:52**

PB (50m pool): 02:56.21 Antwerpen 27/04/2025 **PB (25m pool):** 02:52.52 **SB:** no time

	50M	100M	150M	200M	
PB	00:39.53	01:23.87	02:17.93	02:56.21	
	00:39.53	*00:44.34*	*00:54.06*	*00:38.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:18

Heat: 7/7 Lane : 4 Athlete: ROGIERS LAYLA — **Q-time: 02:41:29**

PB (50m pool): 02:43.41 Wezenberg 04/01/2026 **PB (25m pool):** 02:41.29 **SB:** 02:43.41 Wezenberg 04/01/2026

	50M	100M	150M	200M	
PB	00:34.64	01:18.30	02:06.85	02:43.41	
	00:34.64	*00:43.66*	*00:48.55*	*00:36.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:18

Heat: 7/7 Lane : 6 Athlete: PEERSMAN MALIN — **Q-time: 02:42:71**

PB (50m pool): 02:50.03 Antwerpen 27/04/2025 **PB (25m pool):** 02:42.71 **SB:** no time

	50M	100M	150M	200M	
PB	00:35.94	01:20.51	02:10.98	02:50.03	
	00:35.94	*00:44.57*	*00:50.47*	*00:39.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:1, starttime: 11:22

Heat: 1/3 Lane : 2 Athlete: ROOMAN ALEXIS — **Q-time: 00:39:86**

PB (50m pool): 00:40.88 Molenbeek 01/02/2026 **PB (25m pool):** 00:39.86 **SB:** 00:40.88 Molenbeek 01/02/2026

	50M	
PB	00:40.88	
	00:40.88	
	. . : . . : . .	

Coach feedback:

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 11:23

Heat: 2/3 Lane : 4 Athlete: RATIU MATHEO — **Q-time: 00:35:96**

PB (50m pool): 00:39.02 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:35.96 **SB:** no time

	50M	
PB	00:39.02	
	00:39.02	
	. . : . . : . .	

Coach feedback:

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

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 1 Athlete: GINKELS FEBE — **Q-time: 00:39:43**

PB (50m pool): 00:42.82 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:39.43 **SB:** no time

	5 0 M	
PB	00:42.82	
	00:42.82	
	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:3, starttime: 11:32

Heat: 3/6 Lane : 2 Athlete: BOBEV BOYAN — **Q-time: 00:26:58**

PB (50m pool): 00:27.66 Molenbeek 01/02/2026 **PB (25m pool):** 00:26.58 **SB:** 00:27.66 Molenbeek 01/02/2026

	5 0 M	
PB	00:27.66	
	00:27.66	
	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:4, starttime: 11:33

Heat: 4/6 Lane : 1 Athlete: MEREMANS MATHYS — **Q-time: 00:26:19**

PB (50m pool): 00:26.67 Antwerpen 27/07/2025 **PB (25m pool):** 00:26.19 **SB:** no time

	5 0 M	
PB	00:26.67	
	00:26.67	
	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:4, starttime: 11:33

Heat: 4/6 Lane : 5 Athlete: LISSENS TUUR — **Q-time: 00:25:01**

PB (50m pool): 00:25.95 Antwerpen 27/07/2025 **PB (25m pool):** 00:25.01 **SB:** 00:26.29 Luxembourg 01/02/2026

	5 0 M	
PB	00:25.95	
	00:25.95	
	. . : . . : . .	

Coach feedback:

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

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:5, starttime: 11:34

Heat: 5/6 Lane : 4 Athlete: BERLAMONT DAAN — **Q-time: 00:24:44**

PB (50m pool): 00:25.24 Luxembourg 01/02/2026 **PB (25m pool):** 00:24.44 **SB:** 00:25.24 Luxembourg 01/02/2026

	5 0 M	
PB	00:25.24	
	00:25.24	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 11:36

Heat: 1/6 Lane : 3 Athlete: WATELLE NONA — **Q-time: 00:30:26**

PB (50m pool): 00:30.26 Antwerpen 20/04/2025 **PB (25m pool):** 00:30.61 **SB:** no time

	5 0 M	
PB	00:30.26	
	00:30.26	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 11:37

Heat: 2/6 Lane : 1 Athlete: TEIRLINCK LOUISE — **Q-time: 00:29:53**

PB (50m pool): 00:30.01 Molenbeek 01/02/2026 **PB (25m pool):** 00:29.53 **SB:** 00:30.01 Molenbeek 01/02/2026

	5 0 M	
PB	00:30.01	
	00:30.01	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:3, starttime: 11:38

Heat: 3/6 Lane : 3 Athlete: THYS LENA — **Q-time: 00:28:60**

PB (50m pool): 00:29.78 Molenbeek 01/02/2026 **PB (25m pool):** 00:28.51 **SB:** 00:29.78 Molenbeek 01/02/2026

	5 0 M	
PB	00:29.78	
	00:29.78	
	. . : . . : . .	

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:6, starttime: 11:41

Heat: 6/6 Lane : 6 Athlete: ADELMANN CLARA CENXI — **Q-time: 00:27:61**

PB (50m pool): 00:27.71 Antwerpen 27/07/2025 **PB (25m pool):** 00:27.61 **SB:** 00:28.48 Luxembourg 01/02/2026

	50M
PB	00:27.71
	00:27.71
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:2, starttime: 11:44

Heat: 2/6 Lane : 1 Athlete: ROOMAN ALEXIS — **Q-time: 01:06:64**

PB (50m pool): 01:07.86 Antwerpen 20/07/2025 **PB (25m pool):** 01:06.64 **SB:** 01:08.24 Molenbeek 01/02/2026

	50M	100M
PB	00:33.29	01:07.86
	00:33.29	*00:34.57*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 12:15

Heat: 7/7 Lane : 4 Athlete: GINKELS ROBBE — **Q-time: 01:05:00**

PB (50m pool): 01:05.39 Wezenberg 04/01/2026 **PB (25m pool):** 01:05.00 **SB:** 01:05.39 Wezenberg 04/01/2026

	50M	100M
PB	00:31.78	01:05.39
	00:31.78	*00:33.61*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 12:15

Heat: 7/7 Lane : 6 Athlete: RATIU THOMAS — **Q-time: 01:06:15**

PB (50m pool): 01:06.28 Molenbeek 01/02/2026 **PB (25m pool):** 01:05.52 **SB:** 01:06.28 Molenbeek 01/02/2026

	50M	100M
PB	no time	01:06.28
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 12:18

Heat: 2/7 Lane : 3 Athlete: SOARES ALMEIDA ANNA — **Q-time: 01:13:51**

PB (50m pool): 01:14.77 Molenbeek 01/02/2026 — **PB (25m pool):** 01:13.51 **SB:** 01:14.77 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:14.77	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:3, starttime: 12:20

Heat: 3/7 Lane : 5 Athlete: DE VOCHT FLORE — **Q-time: 01:12:52**

PB (50m pool): 01:16.31 Molenbeek 01/02/2026 — **PB (25m pool):** 01:12.52 **SB:** 01:16.31 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:16.31	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:6, starttime: 12:25

Heat: 6/7 Lane : 1 Athlete: ANTIPINA ALEXANDRA — **Q-time: 01:09:67**

PB (50m pool): 01:10.14 Antwerpen 20/07/2025 — **PB (25m pool):** 01:09.59 **SB:** 01:11.34 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	00:34.63	01:10.14	
	00:34.63	*00:35.51*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:7, starttime: 12:27

Heat: 7/7 Lane : 1 Athlete: PEERSMAN MALIN — **Q-time: 01:07:90**

PB (50m pool): 01:09.12 Wezenberg 04/01/2026 — **PB (25m pool):** 01:07.72 **SB:** 01:09.12 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:33.62	01:09.12	
	00:33.62	*00:35.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12	Heat:7, starttime: 12:27
Heat: 7/7 Lane : 3 Athlete: ROGIERS LAYLA	Q-time: 01:06:39

PB (50m pool): 01:06.47 Antwerpen 20/07/2025 **PB (25m pool):** 01:06.06 **SB:** 01:09.82 Molenbeek 01/02/2026

	50 M	100 M	
PB	00:32.21	01:06.47	
	00:32.21	*00:34.26*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: