VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:2, starttime: 14:32

Heat: 2/7 Lane : 7 Athlete: DE VOCHT FLORE — **Q-time: 01:39:09**

PB (50m pool): 01:42.89 Molenbeek 01/02/2026 **PB (25m pool):** 01:39.09 **SB:** 01:42.89 Molenbeek 01/02/2026

	50 M	100 M	
PB	no time	01:42.89	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 14:34

Heat: 3/7 Lane : 5 Athlete: ANTIPINA ALEXANDRA — **Q-time: 01:36:55**

PB (50m pool): 01:39.69 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:36.55 **SB:** 01:41.01 Molenbeek 01/02/2026

	50 M	100 M	
PB	00:46.66	01:39.69	
	00:46.66	*00:53.03*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:6, starttime: 14:41

Heat: 6/7 Lane : 6 Athlete: SOARES ALMEIDA ANNA — **Q-time: 01:30:01**

PB (50m pool): 01:31.70 Antwerpen 20/07/2025 **PB (25m pool):** 01:30.01 **SB:** 01:33.56 Molenbeek 01/02/2026

	50 M	100 M	
PB	00:43.52	01:31.70	
	00:43.52	*00:48.18*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 14:43

Heat: 7/7 Lane : 4 Athlete: ROGIERS LAYLA — **Q-time: 01:22:41**

PB (50m pool): 01:25.07 Antwerpen 20/07/2025 **PB (25m pool):** 01:22.41 **SB:** 01:27.92 Molenbeek 01/02/2026

	50M	100M	
PB	00:40.39	01:25.07	
	00:40.39	*00:44.68*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 14:43

Heat: 7/7 Lane : 8 Athlete: PEERSMAN MALIN — **Q-time: 01:27:34**

PB (50m pool): 01:30.56 Molenbeek 01/02/2026 **PB (25m pool):** 01:27.34 **SB:** 01:30.56 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:30.56	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:6, starttime: 14:56

Heat: 6/7 Lane : 6 Athlete: RATIU THOMAS — **Q-time: 01:28:94**

PB (50m pool): 01:29.25 Molenbeek 01/02/2026 **PB (25m pool):** 01:28.64 **SB:** 01:29.25 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:29.25	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:7, starttime: 14:58

Heat: 7/7 Lane : 3 Athlete: GINKELS ROBBE — **Q-time: 01:24:79**

PB (50m pool): 01:29.62 Molenbeek 01/02/2026 **PB (25m pool):** 01:24.79 **SB:** 01:29.62 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:29.62	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:3, starttime: 15:32

Heat: 3/6 Lane : 2 Athlete: TEIRLINCK LOUISE — **Q-time: 00:31:36**

PB (50m pool): 00:31.79 Antwerpen 27/07/2025 **PB (25m pool):** 00:31.61 **SB:** 00:33.38 Molenbeek 01/02/2026

	5 0 M	
PB	00:31.79	
	00:31.79	
	. . : . . : . .	

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:4, starttime: 15:33

Heat: 4/6 Lane : 8 Athlete: THYS LENA — **Q-time: 00:31:08**

PB (50m pool): 00:32.38 Wezenberg 03/01/2026 **PB (25m pool):** 00:31.08 **SB:** 00:32.38 Wezenberg 03/01/2026

	5 0 M	
PB	00:32.38	
	00:32.38	
	. . : . . : . .	

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:4, starttime: 15:40

Heat: 4/4 Lane : 4 Athlete: BERLAMONT DAAN — **Q-time: 00:26:30**

PB (50m pool): 00:26.30 Wezenberg 03/01/2026 **PB (25m pool):** 00:25.52 **SB:** 00:26.30 Wezenberg 03/01/2026

	5 0 M	
PB	00:26.30	
	00:26.30	
	. . : . . : . .	

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:4, starttime: 15:40

Heat: 4/4 Lane : 5 Athlete: LISSENS TUUR — **Q-time: 00:26:81**

PB (50m pool): 00:28.47 Eindhoven 16/03/2025 **PB (25m pool):** 00:26.81 **SB:** no time

	5 0 M	
PB	00:28.47	
	00:28.47	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:4, starttime: 15:40

Heat: 4/4 Lane : 7 Athlete: BOBEV BOYAN — **Q-time: 00:28:34**

PB (50m pool): 00:28.95 Antwerpen 27/07/2025 **PB (25m pool):** 00:28.34 **SB:** 00:29.59 Molenbeek 01/02/2026

	5 0 M	
PB	00:28.95	
	00:28.95	
	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:4, starttime: 15:45

Heat: 4/7 Lane : 8 Athlete: SOARES ALMEIDA ANNA — **Q-time: 00:38:00**

PB (50m pool): 00:38.00 Molenbeek 01/02/2026 **PB (25m pool):** 00:38.07 **SB:** 00:38.00 Molenbeek 01/02/2026

	5 0 M	
PB	00:38.00	
	00:38.00	
	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:6, starttime: 15:47

Heat: 6/7 Lane : 1 Athlete: DE VOCHT FLORE — **Q-time: 00:35:74**

PB (50m pool): 00:36.36 Molenbeek 01/02/2026 **PB (25m pool):** 00:35.74 **SB:** 00:36.36 Molenbeek 01/02/2026

	5 0 M	
PB	00:36.36	
	00:36.36	
	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:6, starttime: 15:47

Heat: 6/7 Lane : 5 Athlete: ANTIPINA ALEXANDRA — **Q-time: 00:35:22**

PB (50m pool): 00:36.83 Molenbeek 01/02/2026 **PB (25m pool):** 00:35.22 **SB:** 00:36.83 Molenbeek 01/02/2026

	5 0 M	
PB	00:36.83	
	00:36.83	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:7, starttime: 15:48

Heat: 7/7 Lane : 2 Athlete: PEERSMAN MALIN — **Q-time: 00:33:99**

PB (50m pool): 00:35.19 Molenbeek 01/02/2026 **PB (25m pool):** 00:33.99 **SB:** 00:35.19 Molenbeek 01/02/2026

	5 0 M	
PB	00:35.19	
	00:35.19	
	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:7, starttime: 15:48

Heat: 7/7 Lane : 4 Athlete: ROGIERS LAYLA — **Q-time: 00:31:87**

PB (50m pool): 00:31.91 Molenbeek 01/02/2026 **PB (25m pool):** 00:31.74 **SB:** 00:31.91 Molenbeek 01/02/2026

	5 0 M	
PB	00:31.91	
	00:31.91	
	. . : . . : . .	

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 15:57

Heat: 7/7 Lane : 2 Athlete: RATIU THOMAS — **Q-time: 00:33:95**

PB (50m pool): 00:34.00 Wezenberg 04/01/2026 **PB (25m pool):** 00:33.58 **SB:** 00:34.00 Wezenberg 04/01/2026

	5 0 M	
PB	00:34.00	
	00:34.00	
	. . : . . : . .	

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 15:57

Heat: 7/7 Lane : 3 Athlete: GINKELS ROBBE — **Q-time: 00:33:49**

PB (50m pool): 00:33.72 Molenbeek 01/02/2026 **PB (25m pool):** 00:33.49 **SB:** 00:33.72 Molenbeek 01/02/2026

	5 0 M	
PB	00:33.72	
	00:33.72	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:2, starttime: 16:00

Heat: 2/5 Lane : 3 Athlete: ROOMAN ALEXIS — **Q-time: 01:16:28**

PB (50m pool): 01:16.66 Antwerpen 20/07/2025 **PB (25m pool):** 01:15.73 **SB:** 01:17.30 Molenbeek 01/02/2026

	50 M	100 M	
PB	00:36.37	01:16.66	
	00:36.37	*00:40.29*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:4, starttime: 16:04

Heat: 4/5 Lane : 5 Athlete: RATIU MATHEO — **Q-time: 01:07:75**

PB (50m pool): 01:07.91 Molenbeek 01/02/2026 **PB (25m pool):** 01:07.75 **SB:** 01:07.91 Molenbeek 01/02/2026

	50 M	100 M	
PB	no time	01:07.91	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:4, starttime: 16:13

Heat: 4/4 Lane : 6 Athlete: GINKELS FEBE — **Q-time: 01:12:84**

PB (50m pool): 01:14.25 Wezenberg 04/01/2026 **PB (25m pool):** 01:12.84 **SB:** 01:14.25 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:34.15	01:14.25	
	00:34.15	*00:40.10*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 16:51

Heat: 3/7 Lane : 5 Athlete: DE VOCHT FLORE — **Q-time: 01:24:69**

PB (50m pool): 01:27.75 Molenbeek 01/02/2026 **PB (25m pool):** 01:24.69 **SB:** 01:27.75 Molenbeek 01/02/2026

	50 M	100 M	
PB	no time	01:27.75	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:4, starttime: 16:53

Heat: 4/7 Lane : 6 Athlete: SOARES ALMEIDA ANNA — **Q-time: 01:23:73**

PB (50m pool): 01:24.68 Antwerpen 20/07/2025 — **PB (25m pool):** 01:23.73 **SB:** 01:25.41 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	00:41.78	01:24.68	
	00:41.78	*00:42.90*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:7, starttime: 17:00

Heat: 7/7 Lane : 1 Athlete: ANTIPINA ALEXANDRA — **Q-time: 01:17:06**

PB (50m pool): 01:20.28 Wezenberg 04/01/2026 — **PB (25m pool):** 01:17.06 **SB:** 01:20.28 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:39.04	01:20.28	
	00:39.04	*00:41.24*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:7, starttime: 17:00

Heat: 7/7 Lane : 5 Athlete: ROGIERS LAYLA — **Q-time: 01:14:51**

PB (50m pool): 01:18.83 Molenbeek 01/02/2026 — **PB (25m pool):** 01:14.51 **SB:** 01:18.83 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:18.83	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:7, starttime: 17:00

Heat: 7/7 Lane : 7 Athlete: PEERSMAN MALIN — **Q-time: 01:16:33**

PB (50m pool): 01:20.88 Molenbeek 01/02/2026 — **PB (25m pool):** 01:16.33 **SB:** 01:20.88 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:20.88	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: LAQUA

Event number: 50: 100M BACKSTROKE MEN 11-12 **Heat:7, starttime: 17:17**

Heat: 7/7 Lane : 2 Athlete: GINKELS ROBBE **Q-time: 01:15:65**

PB (50m pool): 01:15.65 Wezenberg 04/01/2026 **PB (25m pool):** 01:16.62 **SB:** 01:15.65 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:36.61	01:15.65	
	00:36.61	*00:39.04*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 **Heat:7, starttime: 17:17**

Heat: 7/7 Lane : 4 Athlete: RATIU THOMAS **Q-time: 01:14:31**

PB (50m pool): 01:17.20 Wezenberg 04/01/2026 **PB (25m pool):** 01:14.31 **SB:** 01:17.20 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:38.00	01:17.20	
	00:38.00	*00:39.20*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: