VJTC 2026: Session: 5: 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: 51: 400M FREESTYLE MEN 15-16 — Heat:2, starttime: 09:35

Heat: 2/3 Lane : 8 Athlete: ZOUHRI AMIR — **Q-time: 04:28:05**

PB (50m pool): 04:43.29 Antwerp 09/02/2025 **PB (25m pool):** 04:28.05 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.16	01:08.11	01:44.82	02:20.99	02:57.76	03:34.14	04:10.15	04:43.29
	00:32.16	*00:35.95*	*00:36.71*	*00:36.17*	*00:36.77*	*00:36.38*	*00:36.01*	*00:33.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:3, starttime: 09:40

Heat: 3/3 Lane : 3 Athlete: BERLAMONT DAAN — **Q-time: 04:15:46**

PB (50m pool): 04:25.36 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 04:15.46 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.09	01:03.65	01:37.87	02:12.54	02:47.25	03:21.19	03:54.68	04:25.36
	00:30.09	*00:33.56*	*00:34.22*	*00:34.67*	*00:34.71*	*00:33.94*	*00:33.49*	*00:30.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:3, starttime: 09:40

Heat: 3/3 Lane : 5 Athlete: LISSENS TUUR — **Q-time: 04:10:47**

PB (50m pool): 04:20.06 Antwerp 09/02/2025 **PB (25m pool):** 04:10.47 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.82	01:02.98	01:35.48	02:08.72	02:42.31	03:15.87	03:48.74	04:20.06
	00:29.82	*00:33.16*	*00:32.50*	*00:33.24*	*00:33.59*	*00:33.56*	*00:32.87*	*00:31.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 09:51

Heat: 2/2 Lane : 5 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:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
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:

Event number: 53: 200M BREASTSTROKE MEN 15-16 — Heat:1, starttime: 09:57

Heat: 1/2 Lane : 6 Athlete: MEREMANS MATHYS — **Q-time: 02:55:65**

PB (50m pool): 02:55.65 Antwerpen 13/07/2025 **PB (25m pool):** 02:54.78 **SB:** no time

	50M	100M	150M	200M	
PB	00:38.07	01:23.00	02:09.87	02:55.65	
	00:38.07	*00:44.93*	*00:46.87*	*00:45.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 54: 200M BREASTSTROKE WOMEN 15-16 — Heat:2, starttime: 10:07

Heat: 2/2 Lane : 1 Athlete: WATELLE NONA — **Q-time: 02:48:83**

PB (50m pool): 02:48.83 Antwerpen 20/04/2025 **PB (25m pool):** 02:51.34 **SB:** no time

	50M	100M	150M	200M	
PB	00:38.33	01:20.92	02:05.23	02:48.83	
	00:38.33	*00:42.59*	*00:44.31*	*00:43.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 54: 200M BREASTSTROKE WOMEN 15-16 — Heat:2, starttime: 10:07

Heat: 2/2 Lane : 6 Athlete: THYS LENA — **Q-time: 02:45:78**

PB (50m pool): 02:50.61 Antwerp 26/01/2025 **PB (25m pool):** 02:45.78 **SB:** 02:55.84 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:39.37	01:23.18	02:07.66	02:50.61	
	00:39.37	*00:43.81*	*00:44.48*	*00:42.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:1, starttime: 10:11

Heat: 1/4 Lane : 3 Athlete: ROOMAN ALEXIS — **Q-time: 02:25:35**

PB (50m pool): no time **PB (25m pool):** 02:25.35 **SB:** no time

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

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 1 Athlete: DIERICK OSCAR — **Q-time: 02:22:75**

PB (50m pool): 02:29.69 Molenbeek 01/02/2026 **PB (25m pool):** 02:20.75 **SB:** 02:29.69 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	no time	01:12.69	no time	02:29.69	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 8 Athlete: MEREMANS MATHYS — **Q-time: 02:23:15**

PB (50m pool): 02:29.17 Antwerpen 20/04/2025 **PB (25m pool):** 02:20.75 **SB:** no time

	50M	100M	150M	200M	
PB	00:34.50	01:12.70	01:51.94	02:29.17	
	00:34.50	*00:38.20*	*00:39.24*	*00:37.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 58: 200M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:55

Heat: 2/3 Lane : 2 Athlete: WATELLE NONA — **Q-time: 02:30:10**

PB (50m pool): 02:36.28 Antwerpen 27/07/2025 **PB (25m pool):** 02:30.06 **SB:** 02:37.13 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:36.87	01:17.00	01:56.86	02:36.28	
	00:36.87	*00:40.13*	*00:39.86*	*00:39.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 59: 400M MEDLEY MEN 13-14 — Heat:3, starttime: 11:15

Heat: 3/3 Lane : 6 Athlete: RATIU MATHEO — **Q-time: 05:19:21**

PB (50m pool): 05:29.77 Molenbeek 01/02/2026 **PB (25m pool):** 05:19.21 **SB:** 05:29.77 Molenbeek 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:13.66	no time	no time	no time	no time	no time	05:29.77
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 60: 400M MEDLEY WOMEN 13-14 — Heat:3, starttime: 11:35

Heat: 3/3 Lane : 6 Athlete: GINKELS FEBE — **Q-time: 05:29:78**

PB (50m pool): 05:47.88 Molenbeek 01/02/2026 **PB (25m pool):** 05:29.78 **SB:** 05:47.88 Molenbeek 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:18.72	no time	no time	no time	no time	no time	05:47.88
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: