

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Tampieri Matteo HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:1, starttime: 08:30	
Heat: 1/5 Lane : 7 Athlete: THYS LENA							Q-time: 04:52:52	
PB (50m pool): 04:52.52 Molenbeek 01/02/2026			PB (25m pool): 04:44.13SB: 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
	no time							
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:5, starttime: 08:51	
Heat: 5/5 Lane : 6 Athlete: ADELMANN CLARA CENXI							Q-time: 04:29:26	
PB (50m pool): 04:29.26 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:25.97 SB: 04:29.26 Zwembad Brigitte Becue 26/04/2026								
	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	00:30.71	01:04.46	01:38.63	02:13.05	02:47.38	03:21.71	03:55.99	04:29.26
	00:30.71	00:33.75	00:34.17	00:34.42	00:34.33	00:34.33	00:34.28	00:33.27
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+										Heat:1, starttime: 08:57	
Heat: 1/12 Lane : 4 Athlete: DIERICK OSCAR										Q-time: 01:04:87	
PB (50m pool): 01:04.87 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:07.96SB: 01:04.87 Zwembad Brigitte Becue 26/04/2026											
	5 0 M		1 0 0 M								
PB	00:30.11		01:04.87								
	00:30.11		00:34.76								
											

Coach feedback:

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Event number: 2: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 09:01
Heat: 4/12 Lane : 5 Athlete: VAN NOOTEN VIC			Q-time: 01:02:61
PB (50m pool): 01:02.61 Eindhoven 22/03/2026			PB (25m pool): 01:04.46 SB: 01:02.61 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.74	01:02.61	
	00:28.74	00:33.87	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:6, starttime: 09:04
Heat: 6/12 Lane : 5 Athlete: VAN HOOFF DAAN			Q-time: 01:01:42
PB (50m pool): 01:01.42 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:59.22 SB: 01:01.42 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:27.92	01:01.42	
	00:27.92	00:33.50	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:12, starttime: 09:13
Heat: 12/12 Lane : 2 Athlete: BERLAMONT DAAN			Q-time: 00:57:79
PB (50m pool): 00:57.79 Antwerpen 17/05/2026			PB (25m pool): 00:58.92 SB: 00:57.79 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:27.04	00:57.79	
	00:27.04	00:30.75	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:6, starttime: 09:23
Heat: 6/16 Lane : 2 Athlete: WATELLE NONA			Q-time: 00:34:20
PB (50m pool): 00:34.20 Antwerpen 27/07/2025			PB (25m pool): no time SB: 00:34.26 Antwerpen 08/03/2026
	5 0 M		
PB	00:34.20		
	00:34.20		
			

Coach feedback:

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Event number: 4: 400M MEDLEY MEN 15-18							Heat:3, starttime: 09:52	
Heat: 3/5 Lane : 8 Athlete: VAN NOOTEN VIC							Q-time: 05:12:08	
PB (50m pool): 05:12.08 Olympic Pool Wezenberg, Antwer 29/03/2025							PB (25m pool): 04:55.64 SB: 05:12.08 Olympic Pool Wezenberg, Antwer 29/03/2025	
	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	00:29.92	01:06.62	01:47.13	02:26.25	03:14.92	04:02.53	04:38.36	05:12.08
	00:29.92	00:36.70	00:40.51	00:39.12	00:48.67	00:47.61	00:35.83	00:33.72
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 10:27			
Heat: 6/9 Lane : 5 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: 02:52.34 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
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: 5: 200M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 10:27			
Heat: 6/9 Lane : 7 Athlete: THYS LENA					Q-time: 02:50:61			
PB (50m pool): 02:50.61 Antwerp 26/01/2025					PB (25m pool): 02:45.78 SB: 02:55.84 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
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:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:3, starttime: 10:47			
Heat: 3/10 Lane : 3 Athlete: DIERICK OSCAR					Q-time: 02:26:48			
PB (50m pool): 02:26.48 Antwerpen 08/03/2026					PB (25m pool): 02:20.75 SB: 02:26.48 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:33.07	01:10.92	01:49.45	02:26.48				
	00:33.07	00:37.85	00:38.53	00:37.03				
								

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:4, starttime: 10:51
Heat: 4/10 Lane : 2 Athlete: MEREMANS MATHYS					Q-time: 02:25:10
PB (50m pool): 02:25.10 Eindhoven 22/03/2026			PB (25m pool): 02:20.75 SB: 02:25.10 Eindhoven 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.56	01:09.74	01:47.86	02:25.10	
	00:33.56	00:36.18	00:38.12	00:37.24	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 11:29
Heat: 2/12 Lane : 2 Athlete: BOBEV BOYAN					Q-time: 01:15:34
PB (50m pool): 01:15.34 Eindhoven 22/03/2026			PB (25m pool): 01:14.68 SB: 01:15.34 Eindhoven 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:34.32	01:15.34			
	00:34.32	00:41.02			
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 11:29
Heat: 2/12 Lane : 5 Athlete: ROOMAN EGON					Q-time: 01:15:15
PB (50m pool): 01:15.15 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:17.00 SB: 01:15.15 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M			
PB	00:35.59	01:15.15			
	00:35.59	00:39.56			
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:10, starttime: 11:57
Heat: 10/13 Lane : 1 Athlete: ADELMANN CLARA CENXI					Q-time: 00:27:71
PB (50m pool): 00:27.71 Antwerpen 27/07/2025			PB (25m pool): 00:27.61 SB: 00:28.34 Antwerpen 08/03/2026		
	5 0 M				
PB	00:27.71				
	00:27.71				
					

Coach feedback:

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Event number: 10: 50M FREESTYLE MEN 15+										Heat:3, starttime: 12:03				
Heat: 3/15 Lane : 2 Athlete: MEREMANS MATHYS										Q-time: 00:26:31				
PB (50m pool): 00:26.31 Eindhoven 22/03/2026										PB (25m pool): 00:26.19SB: 00:26.31 Eindhoven 22/03/2026				
	5 0 M													
PB	00:26.31													
	00:26.31													
														

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:10, starttime: 12:10																																							
Heat: 10/15										Lane : 4										Athlete: VAN HOOFF DAAN										Q-time: 00:24:93																			
PB (50m pool): 00:24.93										Antwerpen 17/05/2026										PB (25m pool): 00:24.25										SB: 00:24.93										Antwerpen 17/05/2026									
		5 0 M																																															
PB	00:24.93																																																
	00:24.93																																																
																																																	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:13, starttime: 12:13																																		
Heat: 13/15																				Lane : 1					Athlete: BERLAMONT DAAN															Q-time: 00:24:33				
PB (50m pool): 00:24.33										Antwerpen 17/05/2026										PB (25m pool): 00:24.44										SB: 00:24.33					Antwerpen 17/05/2026									
	5 0 M																																											
PB	00:24.33																																											
	00:24.33																																											
																																												

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:4, starttime: 12:32	
Heat: 4/5 Lane : 3 Athlete: TEAM LAQUA 1							Q-time: 04:18:77	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: