

CB-BK WE2 2026: Session: 5: 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: 34: 200M MEDLEY WOMEN 15+					Heat:6, starttime: 08:46
Heat: 6/16 Lane : 6 Athlete: THYS LENA					Q-time: 02:40:61
PB (50m pool): 02:40.61 Molenbeek 01/02/2026					PB (25m pool): 02:31.91 SB: 02:40.61 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:40.61	
	no time				
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:14, starttime: 09:11
Heat: 14/16 Lane : 7 Athlete: ADELMANN CLARA CENXI					Q-time: 02:29:20
PB (50m pool): 02:29.20 Antwerpen 08/03/2026					PB (25m pool): 02:27.59 SB: 02:29.20 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.79	01:11.52	01:56.68	02:29.20	
	00:32.79	00:38.73	00:45.16	00:32.52	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:45
Heat: 2/12 Lane : 2 Athlete: TEIRLINCK LOUISE					Q-time: 01:03:49
PB (50m pool): 01:03.49 Antwerpen 17/05/2026					PB (25m pool): 01:02.64 SB: 01:03.49 Antwerpen 17/05/2026
	5 0 M	1 0 0 M			
PB	no time	01:03.49			
	no time				
					

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:12, starttime: 10:00
Heat: 12/12 Lane : 1 Athlete: ADELMANN CLARA CENXI			Q-time: 00:59:34
PB (50m pool): 00:59.34 Antwerp 09/02/2025			PB (25m pool): 00:58.75 SB: 00:59.76 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.66	00:59.34	
	00:28.66	00:30.68	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:2, starttime: 10:04
Heat: 2/13 Lane : 6 Athlete: ROOMAN EGON			Q-time: 01:07:87
PB (50m pool): 01:07.87 Antwerpen 15/03/2026			PB (25m pool): 01:06.93 SB: 01:07.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.26	01:07.87	
	00:33.26	00:34.61	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:3, starttime: 10:07
Heat: 3/13 Lane : 4 Athlete: VAN NOOTEN VIC			Q-time: 01:06:88
PB (50m pool): 01:06.88 Antwerpen 15/03/2026			PB (25m pool): 01:07.85 SB: 01:06.88 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.31	01:06.88	
	00:32.31	00:34.57	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:4, starttime: 10:09
Heat: 4/13 Lane : 4 Athlete: DIERICK OSCAR			Q-time: 01:06:15
PB (50m pool): 01:06.15 Antwerpen 08/03/2026			PB (25m pool): 01:04.23 SB: 01:06.15 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.55	01:06.15	
	00:31.55	00:34.60	
			

Coach feedback:

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Event number: 37: 100M BACKSTROKE MEN 15+				Heat:6, starttime: 10:13	
Heat: 6/13 Lane : 7 Athlete: MEREMANS MATHYS				Q-time: 01:05:33	
PB (50m pool): 01:05.33 Eindhoven 22/03/2026				PB (25m pool): 01:05.17 SB: 01:05.33 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:31.82	01:05.33			
	00:31.82	00:33.51			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+				Heat:12, starttime: 10:25	
Heat: 12/13 Lane : 2 Athlete: BERLAMONT DAAN				Q-time: 01:01:57	
PB (50m pool): 01:01.38 Antwerpen 17/05/2026				PB (25m pool): 00:59.70 SB: 01:01.38 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M			
PB	no time	01:01.38			
	no time				
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+				Heat:6, starttime: 10:48	
Heat: 6/11 Lane : 6 Athlete: WATELLE NONA				Q-time: 02:35:71	
PB (50m pool): 02:35.71 Antwerpen 08/03/2026				PB (25m pool): 02:30.06 SB: 02:35.71 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.74	01:16.92	01:56.95	02:35.71	
	00:36.74	00:40.18	00:40.03	00:38.76	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+				Heat:4, starttime: 11:17	
Heat: 4/19 Lane : 3 Athlete: VAN NOOTEN VIC				Q-time: 02:09:66	
PB (50m pool): 02:09.66 Molenbeek 01/02/2026				PB (25m pool): 02:06.89 SB: 02:09.66 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:02.25	no time	02:09.66	
	no time				
					

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:5, starttime: 11:20
Heat: 5/19 Lane : 2 Athlete: MEREMANS MATHYS					Q-time: 02:09:18
PB (50m pool): 02:09.18 Eindhoven 22/03/2026					PB (25m pool): 02:09.43 SB: 02:09.18 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.68	01:02.37	01:36.69	02:09.18	
	00:29.68	00:32.69	00:34.32	00:32.49	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:15, starttime: 11:46
Heat: 15/19 Lane : 4 Athlete: VAN HOOFF DAAN					Q-time: 02:01:64
PB (50m pool): 02:01.64 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 01:56.09 SB: 02:01.64 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.55	00:57.74	01:29.32	02:01.64	
	00:27.55	00:30.19	00:31.58	00:32.32	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:16, starttime: 11:48
Heat: 16/19 Lane : 1 Athlete: BERLAMONT DAAN					Q-time: 02:01:31
PB (50m pool): 02:01.31 Antwerpen 08/03/2026					PB (25m pool): 01:56.83 SB: 02:01.31 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.47	00:59.21	01:31.25	02:01.31	
	00:28.47	00:30.74	00:32.04	00:30.06	
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:1, starttime: 11:59
Heat: 1/12 Lane : 6 Athlete: THYS LENA					Q-time: 00:38:48
PB (50m pool): 00:38.48 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 00:36.53 SB: 00:38.91 Antwerpen 08/03/2026
	5 0 M				
PB	00:38.48				
	00:38.48				
					

Coach feedback:

CB-BK WE2 2026: Session: 5: COACH evaluation sheet for TEAM: LAQUA

Event number: 40: 50M BREASTSTROKE WOMEN 15+										Heat:10, starttime: 12:09																													
Heat: 10/12 Lane : 1 Athlete: WATELLE NONA																				Q-time: 00:34:81																			
PB (50m pool): 00:34.81 Zwembad Brigitte Becue 26/04/2026																				PB (25m pool): 00:35.40 SB: 00:34.81 Zwembad Brigitte Becue 26/04/2026																			
	5 0 M																																						
PB	00:34.81																																						
	00:34.81																																						
																																							

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+										Heat:5, starttime: 12:17																				
Heat: 5/24 Lane : 1 Athlete: BOBEV BOYAN																				Q-time: 00:28:95										
PB (50m pool): 00:28.95 Antwerpen 08/03/2026										PB (25m pool): 00:28.34 SB: 00:28.95 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:28.95																													
	00:28.95																													
																														

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+										Heat:10, starttime: 12:22																													
Heat: 10/24 Lane : 2 Athlete: VAN NOOTEN VIC																				Q-time: 00:28:16																			
PB (50m pool): 00:28.16 Zwembad Brigitte Becue 26/04/2026																				PB (25m pool): 00:28.61 SB: 00:28.16 Zwembad Brigitte Becue 26/04/2026																			
	5 0 M																																						
PB	00:28.16																																						
	00:28.16																																						
																																							

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+										Heat:22, starttime: 12:33																													
Heat: 22/24 Lane : 3 Athlete: BERLAMONT DAAN																				Q-time: 00:25:34																			
PB (50m pool): 00:25.34 Zwembad Brigitte Becue 26/04/2026																				PB (25m pool): 00:25.52 SB: 00:25.34 Zwembad Brigitte Becue 26/04/2026																			
	5 0 M																																						
PB	00:25.34																																						
	00:25.34																																						
																																							

Coach feedback: