

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Delport Titia

Coaches: Farroni Nadia

Coaches: Vanmeerbeek Rob HEADCOACH

Coaches: Mous Anke

Coaches: Ginkels Sam

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:1, starttime: 09:00
Heat: 1/6 Lane : 3 Athlete: DERAEMAECKER MATHIAS					Q-time: 01:30:07
PB (25m pool): 01:35.38 LEUVEN 24/11/2024					PB (50m pool): 01:30.07 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:44.91		01:35.38	
	00:44.91		00:50.47		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 09:02
Heat: 2/6 Lane : 4 Athlete: ROOMAN ALEXIS					Q-time: 01:22:13
PB (25m pool): 01:22.13 Leuven 04/10/2026					PB (50m pool): 01:26.81 SB: 01:22.13 Leuven 04/10/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:38.64		01:22.13	
	00:38.64		00:43.49		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:4, starttime: 09:06
Heat: 4/6 Lane : 5 Athlete: RATIU MATHEO					Q-time: 01:14:13
PB (25m pool): 01:14.13 LEUVEN 22/02/2026					PB (50m pool): 01:15.10 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:34.73		01:14.13	
	00:34.73		00:39.40		
					

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:6, starttime: 09:09
Heat: 6/6 Lane : 7 Athlete: VERNIMMEN NICHOLAS					Q-time: 01:17:27
PB (25m pool): 01:17.27 Leuven 04/10/2026					PB (50m pool): 01:22.16 SB: 01:17.27 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.23		01:17.27	
	00:36.23		00:41.04		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 09:14
Heat: 2/5 Lane : 4 Athlete: GINKELS FEBE					Q-time: 01:23:53
PB (25m pool): 01:23.53 Temse 17/11/2025					PB (50m pool): 01:26.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.17		01:23.53	
	00:39.17		00:44.36		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:3, starttime: 09:28	
Heat: 3/5 Lane : 1 Athlete: VRANCKX BOUDEWIJN							Q-time: 02:24:25	
PB (25m pool): 02:24.25 Leuven 04/10/2026				PB (50m pool): 02:36.72SB: 02:24.25 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.02		01:08.60		01:51.07		02:24.25
	00:31.02		00:37.58		00:42.47		00:33.18	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 5 Athlete: BERLAMONT DAAN							Q-time: 02:10:86	
PB (25m pool): 02:10.86 LEUVEN 21/12/2025				PB (50m pool): 02:12.77 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.98		01:02.22		01:40.63		02:10.86
	00:28.98		00:33.24		00:38.41		00:30.23	
								

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:2, starttime: 09:40	
Heat: 2/4 Lane : 5 Athlete: WATELLE NONA							Q-time: 02:33:16	
PB (25m pool): 02:34.71 LEUVEN 23/11/2025				PB (50m pool): 02:33.16SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.85		01:15.50		01:58.57		02:34.71
	00:35.85		00:39.65		00:43.07		00:36.14	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 8 Athlete: TEIRLINCK LOUISE							Q-time: 02:32:64	
PB (25m pool): 02:32.64 Leuven 04/10/2026				PB (50m pool): 02:39.36SB: 02:32.64 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:32.06		01:11.44		01:57.16		02:32.64
	00:32.06		00:39.38		00:45.72		00:35.48	
								

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:3, starttime: 10:06	
Heat: 3/4 Lane : 2 Athlete: BOBEV BOYAN					Q-time: 01:02:78	
PB (25m pool): 01:02.78 Leuven 04/10/2026					PB (50m pool): 01:06.37 SB: 01:02.78 Leuven 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:28.50		01:02.78		
	00:28.50		00:34.28			
						

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16							Heat:3, starttime: 10:06	
Heat: 3/4 Lane : 7 Athlete: DIERICK OSCAR							Q-time: 01:03:27	
PB (25m pool): 01:03.27 Leuven 04/10/2026				PB (50m pool): 01:04.87 SB: 01:03.27 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:29.04		01:03.27				
	00:29.04		00:34.23					
								

Coach feedback:

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Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:4, starttime: 10:07
Heat: 4/4 Lane : 4 Athlete: LISSENS TUUR					Q-time: 00:58:21
PB (25m pool): 00:59.36 LEUVEN 22/02/2026					PB (50m pool): 00:58.21 SB: 00:59.59 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.67		00:59.36	
	00:27.67		00:31.69		
					

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:4, starttime: 10:07
Heat: 4/4 Lane : 5 Athlete: VAN NOOTEN VIC					Q-time: 00:59:75
PB (25m pool): 00:59.75 SAINT-DIZIER 11/10/2026					PB (50m pool): 01:02.05 SB: 00:59.75 SAINT-DIZIER 11/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.55		00:59.75	
	00:27.55		00:32.20		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:2, starttime: 10:11
Heat: 2/5 Lane : 4 Athlete: TEIRLINCK LOUISE					Q-time: 01:10:43
PB (25m pool): 01:10.43 Leuven 04/10/2026					PB (50m pool): 01:13.07 SB: 01:10.43 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:10.43	
	00:32.66		00:37.77		
					

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:1, starttime: 10:18	
Heat: 1/4 Lane : 7 Athlete: DERAEMAECKER MATHIAS							Q-time: 05:06:04	
PB (25m pool): 05:06.04 LEUVEN 23/11/2025				PB (50m pool): 05:09.35 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:34.66		01:12.54		01:51.50		02:31.06
	00:34.66		00:37.88		00:38.96		00:39.56	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:10.38		03:50.45		04:29.09		05:06.04
	00:39.32		00:40.07		00:38.64		00:36.95	
								

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Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 10:52	
Heat: 3/4 Lane : 6 Athlete: GINKELS FEBE							Q-time: 04:52:94	
PB (25m pool): 04:52.94 Leuven 04/10/2026				PB (50m pool): 05:05.41 SB: 04:52.94 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:33.10		01:08.96		01:45.64		02:22.75
	00:33.10		00:35.86		00:36.68		00:37.11	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:00.27		03:37.94		04:15.70		04:52.94
	00:37.52		00:37.67		00:37.76		00:37.24	
								

Coach feedback:

Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:1, starttime: 11:23	
Heat: 1/2 Lane : 4 Athlete: THYS LENA							Q-time: 09:49:92	
PB (25m pool): 09:49.92 Meise 02/11/2025			PB (50m pool): no time SB: no time					
	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	01:12.64	no time	02:28.14	no time	no time	no time	04:56.03
	<i>no time</i>							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	09:49.92
								

Coach feedback:

Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 11:34	
Heat: 2/2 Lane : 5 Athlete: ADELMANN CLARA CENXI							Q-time: 09:21:70	
PB (25m pool): 09:23.47 LEUVEN - Sportoase 22/12/2024				PB (50m pool): 09:21.70SB: no time				
	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	00:31.99	01:07.68	01:44.27	02:20.68	02:56.97	03:33.21	04:09.46	04:45.35
	00:31.99	00:35.69	00:36.59	00:36.41	00:36.29	00:36.24	00:36.25	00:35.89
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:20.60	05:55.67	06:30.72	07:05.81	07:40.48	08:14.86	08:49.32	09:23.47
	00:35.25	00:35.07	00:35.05	00:35.09	00:34.67	00:34.38	00:34.46	00:34.15
								

Coach feedback: