

VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 07:00 untill 08:15. 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: 25: 100M BACKSTROKE WOMEN 15-16 |           |           |           |           | Heat:3, starttime: 08:34            |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/6 Lane : 2 Athlete: WATELLE NONA      |           |           |           |           | Q-time: 01:11:40                    |
| PB (25m pool): 01:11.40 LEUVEN 21/12/2025     |           |           |           |           | PB (50m pool): 01:11.75 SB: no time |
| PB                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
|                                               |           | 00:34.79  |           | 01:11.40  |                                     |
|                                               | 00:34.79  |           | 00:36.61  |           |                                     |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16 |           |           |           |           | Heat:4, starttime: 08:50            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 4/6 Lane : 4 Athlete: BERLAMONT DAAN  |           |           |           |           | Q-time: 00:58:85                    |
| PB (25m pool): 00:59.70 Gent 09/11/2025     |           |           |           |           | PB (50m pool): 01:00.68 SB: no time |
| PB                                          | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
|                                             |           | 00:29.13  |           | 00:59.70  |                                     |
|                                             | 00:29.13  |           | 00:30.57  |           |                                     |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16 |           |           |           |           | Heat:5, starttime: 08:52            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 5/6 Lane : 2 Athlete: VAN NOOTEN VIC  |           |           |           |           | Q-time: 01:02:52                    |
| PB (25m pool): 01:06.23 LEUVEN 22/02/2026   |           |           |           |           | PB (50m pool): 01:06.81 SB: no time |
| PB                                          | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
|                                             |           | 00:32.07  |           | 01:06.23  |                                     |
|                                             | 00:32.07  |           | 00:34.16  |           |                                     |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 26: 100M BACKSTROKE MEN 15-16 |          |          |          |          | Heat:5, starttime: 08:52                               |
|---------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 5/6 Lane : 7 Athlete: DIERICK OSCAR   |          |          |          |          | Q-time: 01:03:03                                       |
| PB (25m pool): 01:03.03 LEUVEN 22/02/2026   |          |          |          |          | PB (50m pool): 01:06.15 SB: 01:03.16 Leuven 04/10/2026 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                          |          | 00:30.89 |          | 01:03.03 |                                                        |
|                                             | 00:30.89 |          | 00:32.14 |          |                                                        |
|                                             | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16 |          |          |          |          | Heat:6, starttime: 08:54                               |
|---------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 6/6 Lane : 8 Athlete: ROOMAN EGON     |          |          |          |          | Q-time: 01:03:99                                       |
| PB (25m pool): 01:03.99 Leuven 04/10/2026   |          |          |          |          | PB (50m pool): 01:07.87 SB: 01:03.99 Leuven 04/10/2026 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                          |          | 00:31.68 |          | 01:03.99 |                                                        |
|                                             | 00:31.68 |          | 00:32.31 |          |                                                        |
|                                             | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 13-14       |          |          |          |          | Heat:4, starttime: 09:14                               |
|--------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 4/7 Lane : 4 Athlete: DERAEMAECKER MATHIAS |          |          |          |          | Q-time: 01:02:47                                       |
| PB (25m pool): 01:02.47 Leuven 04/10/2026        |          |          |          |          | PB (50m pool): 01:03.77 SB: 01:02.47 Leuven 04/10/2026 |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                               |          | 00:30.58 |          | 01:02.47 |                                                        |
|                                                  | 00:30.58 |          | 00:31.89 |          |                                                        |
|                                                  | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 29: 50M FREESTYLE WOMEN 15-16    |          |          |  |  | Heat:1, starttime: 09:20            |
|------------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 1/6 Lane : 6 Athlete: TEIRLINCK LOUISE   |          |          |  |  | Q-time: 00:29:53                    |
| PB (25m pool): 00:29.53 Hoogstraten 28/09/2025 |          |          |  |  | PB (50m pool): 00:29.69 SB: no time |
|                                                | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                             |          | 00:29.53 |  |  |                                     |
|                                                | 00:29.53 |          |  |  |                                     |
|                                                | .....    | .....    |  |  |                                     |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 29: 50M FREESTYLE WOMEN 15-16      |          |          | Heat:5, starttime: 09:24                               |
|--------------------------------------------------|----------|----------|--------------------------------------------------------|
| Heat: 5/6 Lane : 5 Athlete: ADELMANN CLARA CENXI |          |          | Q-time: 00:26:93                                       |
| PB (25m pool): 00:26.93 Leuven 04/10/2026        |          |          | PB (50m pool): 00:27.71 SB: 00:26.93 Leuven 04/10/2026 |
|                                                  | 2 5 M    | 5 0 M    |                                                        |
| PB                                               |          | 00:26.93 |                                                        |
|                                                  | 00:26.93 |          |                                                        |
|                                                  | .....    | .....    |                                                        |

Coach feedback:

| Event number: 30: 50M FREESTYLE MEN 15-16      |          |          | Heat:1, starttime: 09:27                                    |
|------------------------------------------------|----------|----------|-------------------------------------------------------------|
| Heat: 1/6 Lane : 3 Athlete: VRANCKX BOUDEWIJN  |          |          | Q-time: 00:27:45                                            |
| PB (25m pool): 00:27.45 Hoogstraten 27/09/2026 |          |          | PB (50m pool): 00:28.22 SB: 00:27.45 Hoogstraten 27/09/2026 |
|                                                | 2 5 M    | 5 0 M    |                                                             |
| PB                                             |          | 00:27.45 |                                                             |
|                                                | 00:27.45 |          |                                                             |
|                                                | .....    | .....    |                                                             |

Coach feedback:

| Event number: 30: 50M FREESTYLE MEN 15-16      |          |          | Heat:4, starttime: 09:30                                    |
|------------------------------------------------|----------|----------|-------------------------------------------------------------|
| Heat: 4/6 Lane : 1 Athlete: DIERICK OSCAR      |          |          | Q-time: 00:25:91                                            |
| PB (25m pool): 00:25.91 Hoogstraten 27/09/2026 |          |          | PB (50m pool): 00:26.81 SB: 00:25.91 Hoogstraten 27/09/2026 |
|                                                | 2 5 M    | 5 0 M    |                                                             |
| PB                                             |          | 00:25.91 |                                                             |
|                                                | 00:25.91 |          |                                                             |
|                                                | .....    | .....    |                                                             |

Coach feedback:

| Event number: 30: 50M FREESTYLE MEN 15-16  |          |          | Heat:4, starttime: 09:30                               |
|--------------------------------------------|----------|----------|--------------------------------------------------------|
| Heat: 4/6 Lane : 4 Athlete: BERLAMONT DAAN |          |          | Q-time: 00:24:00                                       |
| PB (25m pool): 00:24.00 Leuven 04/10/2026  |          |          | PB (50m pool): 00:24.33 SB: 00:24.00 Leuven 04/10/2026 |
|                                            | 2 5 M    | 5 0 M    |                                                        |
| PB                                         |          | 00:24.00 |                                                        |
|                                            | 00:24.00 |          |                                                        |
|                                            | .....    | .....    |                                                        |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 31: 200M MEDLEY WOMEN 11-12         |           |           |           |                                    |           |           | Heat:3, starttime: 09:40 |           |
|---------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/10    Lane : 8    Athlete: DE VOCHT FLORE |           |           |           |                                    |           |           | Q-time: 02:57:80         |           |
| PB (25m pool): 03:00.10   Tremelo 18/01/2026      |           |           |           | PB (50m pool): 02:57.80SB: 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                                                |           | 00:39.69  |           | no time                            |           | no time   |                          | 03:00.10  |
|                                                   | 00:39.69  |           |           |                                    |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12       |           |           |           |                                                             |           |           | Heat:5, starttime: 09:47 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/10    Lane : 6    Athlete: SIMONS HANNA |           |           |           |                                                             |           |           | Q-time: 02:53:50         |           |
| PB (25m pool): 02:53.50    Leuven    04/10/2026 |           |           |           | PB (50m pool): 03:07.21SB: 02:53.50    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                                              |           | 00:36.72  |           | 01:23.00                                                    |           | 02:15.38  |                          | 02:53.50  |
|                                                 | 00:36.72  |           | 00:46.28  |                                                             | 00:52.38  |           | 00:38.12                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12             |           |           |           |                                                                   |           |           | Heat:7, starttime: 09:54 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/10    Lane : 8    Athlete: TYAGI YASHWINI     |           |           |           |                                                                   |           |           | Q-time: 02:51:96         |           |
| PB (25m pool): 02:51.65    3500 Hasselt    18/10/2026 |           |           |           | PB (50m pool): 02:53.22SB: 02:51.65    3500 Hasselt    18/10/2026 |           |           |                          |           |
|                                                       | 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                                                    |           | 00:37.74  |           | 01:22.19                                                          |           | 02:13.77  |                          | 02:51.65  |
|                                                       | 00:37.74  |           | 00:44.45  |                                                                   | 00:51.58  |           | 00:37.88                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12              |           |           |           |                                                             |           |           | Heat:8, starttime: 09:57 |           |
|--------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 1    Athlete: SOARES ALMEIDA ANNA |           |           |           |                                                             |           |           | Q-time: 02:46:65         |           |
| PB (25m pool): 02:46.65    Leuven    04/10/2026        |           |           |           | PB (50m pool): 02:51.61SB: 02:46.65    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                                                     |           | 00:35.60  |           | 01:19.76                                                    |           | 02:07.52  |                          | 02:46.65  |
|                                                        | 00:35.60  |           | 00:44.16  |                                                             | 00:47.76  |           | 00:39.13                 |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 31: 200M MEDLEY WOMEN 11-12             |           |           |           |                                                              |           |           | Heat:8, starttime: 09:57 |           |
|-------------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 5    Athlete: ANTIPINA ALEXANDRA |           |           |           |                                                              |           |           | Q-time: 02:45:55         |           |
| PB (25m pool): 02:45.55    Leuven    04/10/2026       |           |           |           | PB (50m pool): 02:50.17 SB: 02:45.55    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                                                    |           | 00:36.82  |           | 01:19.22                                                     |           | 02:08.23  |                          | 02:45.55  |
|                                                       | 00:36.82  |           | 00:42.40  |                                                              | 00:49.01  |           | 00:37.32                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12         |           |           |           |                                                             |           |           | Heat:10, starttime: 10:04 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/10    Lane : 2    Athlete: ROGIERS LAYLA |           |           |           |                                                             |           |           | Q-time: 02:38:80          |           |
| PB (25m pool): 02:38.80    Leuven    04/10/2026   |           |           |           | PB (50m pool): 02:42.42SB: 02:38.80    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                                                |           | 00:34.24  |           | 01:15.94                                                    |           | 02:03.29  |                           | 02:38.80  |
|                                                   | 00:34.24  |           | 00:41.70  |                                                             | 00:47.35  |           | 00:35.51                  |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12          |           |           |           |                                                             |           |           | Heat:10, starttime: 10:04 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/10    Lane : 3    Athlete: PEERSMAN MALIN |           |           |           |                                                             |           |           | Q-time: 02:37:61          |           |
| PB (25m pool): 02:37.61    Leuven    04/10/2026    |           |           |           | PB (50m pool): 02:41.02SB: 02:37.61    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                                                 |           | 00:33.08  |           | 01:13.46                                                    |           | 02:00.50  |                           | 02:37.61  |
|                                                    | 00:33.08  |           | 00:40.38  |                                                             | 00:47.04  |           | 00:37.11                  |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12           |           |           |           |                                                             |           |           | Heat:10, starttime: 10:38 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/10    Lane : 4    Athlete: GINKELS ROBBE |           |           |           |                                                             |           |           | Q-time: 02:30:69          |           |
| PB (25m pool): 02:30.69    Leuven    04/10/2026   |           |           |           | PB (50m pool): 02:34.59SB: 02:30.69    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                                                |           | 00:32.80  |           | 01:10.08                                                    |           | 01:56.59  |                           | 02:30.69  |
|                                                   | 00:32.80  |           | 00:37.28  |                                                             | 00:46.51  |           | 00:34.10                  |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 32: 200M MEDLEY MEN 11-12         |           |           |           |                                                              |           |           | Heat:10, starttime: 10:38 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/10 Lane : 5 Athlete: RATIU THOMAS      |           |           |           |                                                              |           |           | Q-time: 02:33:87          |           |
| PB (25m pool): 02:33.29 3500 Hasselt 18/10/2026 |           |           |           | PB (50m pool): 02:35.41 SB: 02:33.29 3500 Hasselt 18/10/2026 |           |           |                           |           |
|                                                 | 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                                              |           | 00:33.47  |           | 01:13.62                                                     |           | 01:59.53  |                           | 02:33.29  |
|                                                 | 00:33.47  |           | 00:40.15  |                                                              | 00:45.91  |           | 00:33.76                  |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14         |           |  |           |  |  |  |  |  |  | Heat:1, starttime: 10:46                                          |  |
|------------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-------------------------------------------------------------------|--|
| Heat: 1/4    Lane : 3    Athlete: ROOMAN ALEXIS      |           |  |           |  |  |  |  |  |  | Q-time: 00:37:36                                                  |  |
| PB (25m pool): 00:38.39    Hoogstraten    27/09/2026 |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:40.79 SB: 00:38.39    Hoogstraten    27/09/2026 |  |
|                                                      | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                                                   |  |
| PB                                                   |           |  | 00:38.39  |  |  |  |  |  |  |                                                                   |  |
|                                                      |           |  | 00:38.39  |  |  |  |  |  |  |                                                                   |  |
|                                                      | . . . . . |  | . . . . . |  |  |  |  |  |  |                                                                   |  |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14       |           |  |           |  |  |  |  |  |  | Heat:2, starttime: 10:47                                   |  |
|----------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|------------------------------------------------------------|--|
| Heat: 2/4   Lane : 3   Athlete: VERNIMMEN NICHOLAS |           |  |           |  |  |  |  |  |  | Q-time: 00:35:62                                           |  |
| PB (25m pool): 00:35.62   Leuven   04/10/2026      |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:39.88 SB: 00:35.62   Leuven   04/10/2026 |  |
|                                                    | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                                            |  |
| PB                                                 |           |  | 00:35.62  |  |  |  |  |  |  |                                                            |  |
|                                                    |           |  | 00:35.62  |  |  |  |  |  |  |                                                            |  |
|                                                    | . . . . . |  | . . . . . |  |  |  |  |  |  |                                                            |  |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14          |           |  |           |                                                                    |  |  | Heat:4, starttime: 10:49 |  |  |  |
|-------------------------------------------------------|-----------|--|-----------|--------------------------------------------------------------------|--|--|--------------------------|--|--|--|
| Heat: 4/4    Lane : 5    Athlete: RATIU MATHEO        |           |  |           |                                                                    |  |  | Q-time: 00:32:03         |  |  |  |
| PB (25m pool): 00:32.03    SAINT-DIZIER    11/10/2026 |           |  |           | PB (50m pool): 00:33.53 SB: 00:32.03    SAINT-DIZIER    11/10/2026 |  |  |                          |  |  |  |
|                                                       | 2 5 M     |  | 5 0 M     |                                                                    |  |  |                          |  |  |  |
| PB                                                    |           |  | 00:32.03  |                                                                    |  |  |                          |  |  |  |
|                                                       | 00:32.03  |  |           |                                                                    |  |  |                          |  |  |  |
|                                                       | . . . . . |  | . . . . . |                                                                    |  |  |                          |  |  |  |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 35: 400M FREESTYLE WOMEN 15-16 |           |           |           |                                                          |           |           | Heat:2, starttime: 10:56 |           |
|----------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 4    Athlete: THYS LENA  |           |           |           |                                                          |           |           | Q-time: 04:44:13         |           |
| PB (25m pool): 04:44.13    Leuven 12/10/2025 |           |           |           | PB (50m pool): 04:52.52SB: 04:51.68    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                                           |           | 00:33.05  |           | 01:09.26                                                 |           | 01:45.56  |                          | 02:22.10  |
|                                              | 00:33.05  |           | 00:36.21  |                                                          | 00:36.30  |           | 00:36.54                 |           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                              | 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                                           |           | 02:58.30  |           | 03:34.56                                                 |           | 04:10.44  |                          | 04:44.13  |
|                                              | 00:36.20  |           | 00:36.26  |                                                          | 00:35.88  |           | 00:33.69                 |           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 35: 400M FREESTYLE WOMEN 15-16           |           |           |           |                                                             |           |           | Heat:4, starttime: 11:07 |           |
|--------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 6    Athlete: ADELMANN CLARA CENXI |           |           |           |                                                             |           |           | Q-time: 04:25:60         |           |
| PB (25m pool): 04:25.60    Leuven    04/10/2026        |           |           |           | PB (50m pool): 04:29.26SB: 04:25.60    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                                                     |           | 00:30.61  |           | 01:04.26                                                    |           | 01:38.11  |                          | 02:12.32  |
|                                                        | 00:30.61  |           | 00:33.65  |                                                             | 00:33.85  |           | 00:34.21                 |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                        | 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                                                     |           | 02:46.11  |           | 03:19.97                                                    |           | 03:53.42  |                          | 04:25.60  |
|                                                        | 00:33.79  |           | 00:33.86  |                                                             | 00:33.45  |           | 00:32.18                 |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 36: 400M FREESTYLE MEN 15-16       |          |          |          |                                                             |          |          | Heat:3, starttime: 11:23 |          |
|--------------------------------------------------|----------|----------|----------|-------------------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 3/4    Lane : 5    Athlete: VAN NOOTEN VIC |          |          |          |                                                             |          |          | Q-time: 04:15:40         |          |
| PB (25m pool): 04:15.40    Leuven    04/10/2026  |          |          |          | PB (50m pool): 04:30.75SB: 04:15.40    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                                               |          | 00:27.30 |          | 00:58.38                                                    |          | 01:30.47 |                          | 02:03.38 |
|                                                  | 00:27.30 |          | 00:31.08 |                                                             | 00:32.09 |          | 00:32.91                 |          |
|                                                  | .....    | .....    | .....    | .....                                                       | .....    | .....    | .....                    | .....    |
|                                                  | 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                                               |          | 02:36.63 |          | 03:10.11                                                    |          | 03:43.63 |                          | 04:15.40 |
|                                                  | 00:33.25 |          | 00:33.48 |                                                             | 00:33.52 |          | 00:31.77                 |          |
|                                                  | .....    | .....    | .....    | .....                                                       | .....    | .....    | .....                    | .....    |

Coach feedback:

# VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

| Event number: 36: 400M FREESTYLE MEN 15-16      |           |           |           |                                                                    |           |           | Heat:4, starttime: 11:27 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 2    Athlete: LISSENS TUUR  |           |           |           |                                                                    |           |           | Q-time: 04:10:47         |           |
| PB (25m pool): 04:10.47    LEUVEN    23/11/2025 |           |           |           | PB (50m pool): 04:13.76 SB: 04:18.65    SAINT-DIZIER    11/10/2026 |           |           |                          |           |
|                                                 | 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                                              |           | 00:28.64  |           | 00:59.58                                                           |           | 01:31.24  |                          | 02:02.96  |
|                                                 | 00:28.64  |           | 00:30.94  |                                                                    | 00:31.66  |           | 00:31.72                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                          | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                 | 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                                              |           | 02:34.82  |           | 03:07.07                                                           |           | 03:39.26  |                          | 04:10.47  |
|                                                 | 00:31.86  |           | 00:32.25  |                                                                    | 00:32.19  |           | 00:31.21                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 38: 200M MEDLEY MEN 13-14                |           |           |           |                                                                   |           |           | Heat:1, starttime: 11:52 |           |
|--------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/6    Lane : 2    Athlete: DERAEMAECKER MATHIAS |           |           |           |                                                                   |           |           | Q-time: 02:45:30         |           |
| PB (25m pool): 02:34.46    3500 Hasselt    18/10/2026  |           |           |           | PB (50m pool): 02:45.30SB: 02:34.46    3500 Hasselt    18/10/2026 |           |           |                          |           |
|                                                        | 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                                                     |           | 00:33.51  |           | 01:15.39                                                          |           | 02:00.19  |                          | 02:34.46  |
|                                                        | 00:33.51  |           | 00:41.88  |                                                                   | 00:44.80  |           | 00:34.27                 |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 38: 200M MEDLEY MEN 13-14         |           |           |           |                                                              |           |           | Heat:2, starttime: 11:56 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/6    Lane : 6    Athlete: ROOMAN ALEXIS |           |           |           |                                                              |           |           | Q-time: 02:39:94         |           |
| PB (25m pool): 02:39.94    Leuven    04/10/2026 |           |           |           | PB (50m pool): 02:41.67 SB: 02:39.94    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                                              |           | 00:35.56  |           | 01:16.72                                                     |           | 02:03.93  |                          | 02:39.94  |
|                                                 | 00:35.56  |           | 00:41.16  |                                                              | 00:47.21  |           | 00:36.01                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: LAQUA

|                                                      |           |           |           |                                                           |           |           |                          |           |
|------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Event number: 38: 200M MEDLEY MEN 13-14              |           |           |           |                                                           |           |           | Heat:3, starttime: 11:59 |           |
| Heat: 3/6    Lane : 8    Athlete: VERNIMMEN NICHOLAS |           |           |           |                                                           |           |           | Q-time: 02:37:91         |           |
| PB (25m pool): 02:37.91    LEUVEN 23/11/2025         |           |           |           | PB (50m pool): 02:46.37 SB: 02:44.11    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                                                   |           | 00:35.45  |           | 01:15.93                                                  |           | 02:02.38  |                          | 02:37.91  |
|                                                      | 00:35.45  |           | 00:40.48  |                                                           | 00:46.45  |           | 00:35.53                 |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: