

VJK KB Diksmuide 26: Session: 5: 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: 51: 200M BREASTSTROKE MEN 15-16							Heat:1, starttime: 09:00	
Heat: 1/2 Lane : 7 Athlete: ROOMAN EGON							Q-time: 02:55:75	
PB (25m pool): 02:55.58 Diksmuide 17/11/2024				PB (50m pool): 02:55.75SB: 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		00:40.13		01:25.24		02:10.82		02:55.58
	00:40.13		00:45.11		00:45.58		00:44.76	
								

Coach feedback:

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:3, starttime: 09:14	
Heat: 3/3 Lane : 6 Athlete: THYS LENA							Q-time: 02:45:78	
PB (25m pool): 02:45.78 LEUVEN 23/11/2025				PB (50m pool): 02:50.61SB: 02:48.13 SAINT-DIZIER 11/10/2026				
	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		00:38.38		01:20.89		02:03.28		02:45.78
	00:38.38		00:42.51		00:42.39		00:42.50	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:9, starttime: 09:34
Heat: 9/9 Lane : 3 Athlete: GINKELS ROBBE				Q-time: 01:11:07	
PB (25m pool): 01:11.07 Meise 21/06/2026			PB (50m pool): 01:11.29SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.26		01:11.07	
	00:33.26		00:37.81		
					

Coach feedback:

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Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:9, starttime: 09:34
Heat: 9/9 Lane : 6 Athlete: RATIU THOMAS					Q-time: 01:12:65
PB (25m pool): 01:13.73 Mons 26/10/2025					PB (50m pool): 01:12.65 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.12		01:13.73	
	00:35.12		00:38.61		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:1, starttime: 09:36
Heat: 1/10 Lane : 4 Athlete: SIMONS HANNA					Q-time: 01:34:68
PB (25m pool): 01:41.50 LEUVEN 22/02/2026					PB (50m pool): 01:34.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.84		01:41.50	
	00:44.84		00:56.66		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:7, starttime: 09:48
Heat: 7/10 Lane : 2 Athlete: SOARES ALMEIDA ANNA					Q-time: 01:22:98
PB (25m pool): 01:28.11 Tremelo 24/05/2026					PB (50m pool): 01:22.98 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.27		01:28.11	
	00:40.27		00:47.84		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:7, starttime: 09:48
Heat: 7/10 Lane : 8 Athlete: TYAGI YASHWINI					Q-time: 01:23:87
PB (25m pool): 01:26.59 Tremelo 24/05/2026					PB (50m pool): 01:23.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.42		01:26.59	
	00:39.42		00:47.17		
					

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 09:50
Heat: 8/10 Lane : 4 Athlete: DE VOCHT FLORE					Q-time: 01:20:50
PB (25m pool): 01:21.76 Tremelo 24/05/2026					PB (50m pool): 01:20.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.13		01:21.76	
	00:38.13		00:43.63		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 09:50
Heat: 8/10 Lane : 6 Athlete: ANTIPINA ALEXANDRA					Q-time: 01:20:58
PB (25m pool): 01:21.74 LEUVEN 22/02/2026					PB (50m pool): 01:20.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.65		01:21.74	
	00:36.65		00:45.09		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:10, starttime: 09:54
Heat: 10/10 Lane : 1 Athlete: PEERSMAN MALIN					Q-time: 01:14:84
PB (25m pool): 01:15.72 Tremelo 24/05/2026					PB (50m pool): 01:14.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.34		01:15.72	
	00:35.34		00:40.38		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:10, starttime: 09:54
Heat: 10/10 Lane : 4 Athlete: ROGIERS LAYLA					Q-time: 01:11:68
PB (25m pool): 01:15.11 Tremelo 24/05/2026					PB (50m pool): 01:11.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.50		01:15.11	
	00:34.50		00:40.61		
					

Coach feedback:

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Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 7 Athlete: GINKELS FEBE							Q-time: 05:29:78	
PB (25m pool): 05:29.78 LEUVEN 23/11/2025				PB (50m pool): 05:44.48SB: 05:43.69 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		00:34.81		01:15.89		01:59.29		02:41.54
	00:34.81		00:41.08		00:43.40		00:42.25	
								
	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		03:28.76		04:15.61		04:53.73		05:29.78
	00:47.22		00:46.85		00:38.12		00:36.05	
								

Coach feedback:

Event number: 57: 200M BUTTERFLY MEN 15-16							Heat:2, starttime: 10:25	
Heat: 2/2 Lane : 2 Athlete: VAN NOOTEN VIC							Q-time: 02:18:44	
PB (25m pool): 02:18.44 Leuven 04/10/2026				PB (50m pool): 02:24.04 SB: 02:18.44 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		00:29.30		01:05.22		01:42.12		02:18.44
	00:29.30		00:35.92		00:36.90		00:36.32	
								

Coach feedback:

Event number: 57: 200M BUTTERFLY MEN 15-16							Heat:2, starttime: 10:25	
Heat: 2/2 Lane : 5 Athlete: LISSENS TUUR							Q-time: 02:08:59	
PB (25m pool): 02:08.59 Gent 09/11/2025				PB (50m pool): 02:10.92 SB: 02:12.89 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		00:28.78		01:01.73		01:34.62		02:08.59
	00:28.78		00:32.95		00:32.89		00:33.97	
								

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 10:50
Heat: 10/10 Lane : 2 Athlete: GINKELS ROBBE					Q-time: 01:03:97
PB (25m pool): 01:03.97 Leuven 04/10/2026					PB (50m pool): 01:04.32 SB: 01:03.97 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.80		01:03.97	
	00:30.80		00:33.17		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 10:50
Heat: 10/10 Lane : 7 Athlete: RATIU THOMAS					Q-time: 01:03:99
PB (25m pool): 01:03.99 Leuven 04/10/2026					PB (50m pool): 01:05.36 SB: 01:03.99 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.23		01:03.99	
	00:31.23		00:32.76		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:2, starttime: 10:54
Heat: 2/10 Lane : 6 Athlete: TYAGI YASHWINI					Q-time: 01:12:56
PB (25m pool): 01:12.56 Leuven 04/10/2026					PB (50m pool): 01:13.46 SB: 01:12.56 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.99		01:12.56	
	00:34.99		00:37.57		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:5, starttime: 10:59
Heat: 5/10 Lane : 4 Athlete: SIMONS HANNA					Q-time: 01:10:14
PB (25m pool): 01:10.14 Leuven 04/10/2026					PB (50m pool): 01:15.30 SB: 01:10.14 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.91		01:10.14	
	00:33.91		00:36.23		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:5, starttime: 10:59
Heat: 5/10 Lane : 6 Athlete: SOARES ALMEIDA ANNA					Q-time: 01:10:28
PB (25m pool): 01:10.28 Leuven 04/10/2026					PB (50m pool): 01:12.96 SB: 01:10.28 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.37		01:10.28	
	00:34.37		00:35.91		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:6, starttime: 11:01
Heat: 6/10 Lane : 2 Athlete: DE VOCHT FLORE					Q-time: 01:09:72
PB (25m pool): 01:09.72 Leuven 04/10/2026					PB (50m pool): 01:12.99 SB: 01:09.72 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.72		01:09.72	
	00:33.72		00:36.00		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:8, starttime: 11:04
Heat: 8/10 Lane : 1 Athlete: ANTIPINA ALEXANDRA					Q-time: 01:07:82
PB (25m pool): 01:09.59 LEUVEN 22/02/2026					PB (50m pool): 01:07.82 SB: 01:09.85 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.30		01:09.59	
	00:33.30		00:36.29		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:9, starttime: 11:06
Heat: 9/10 Lane : 6 Athlete: PEERSMAN MALIN					Q-time: 01:06:20
PB (25m pool): 01:06.41 Leuven 04/10/2026					PB (50m pool): 01:06.20 SB: 01:06.41 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.58		01:06.41	
	00:31.58		00:34.83		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:10, starttime: 11:07
Heat: 10/10 Lane : 3 Athlete: ROGIERS LAYLA					Q-time: 01:04:73
PB (25m pool): 01:04.73 Tremelo 24/05/2026					PB (50m pool): 01:04.38 SB: 01:04.91 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.87		01:04.73	
	00:31.87		00:32.86		
					

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:1, starttime: 11:46
Heat: 1/4 Lane : 3 Athlete: ROOMAN EGON					Q-time: 01:07:81
PB (25m pool): 01:07.81 LEUVEN 21/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.15		01:07.81	
	00:32.15		00:35.66		
					

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:1, starttime: 11:46
Heat: 1/4 Lane : 5 Athlete: BOBEV BOYAN					Q-time: 01:07:68
PB (25m pool): 01:07.68 Sinbad 22/07/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.68	
	no time				
					

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:2, starttime: 11:47
Heat: 2/4 Lane : 1 Athlete: VRANCKX BOUDEWIJN					Q-time: 01:06:18
PB (25m pool): 01:06.18 Leuven 04/10/2026					PB (50m pool): no time SB: 01:06.18 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.28		01:06.18	
	00:31.28		00:34.90		
					

Coach feedback:

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Event number: 63: 100M MEDLEY MEN 15-16					Heat:4, starttime: 11:51
Heat: 4/4 Lane : 4 Athlete: BERLAMONT DAAN					Q-time: 00:58:52
PB (25m pool): 00:58.52 Hoogstraten 27/09/2026					PB (50m pool): no time SB: 00:58.52 Hoogstraten 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.52	
	no time				
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:4, starttime: 11:58
Heat: 4/5 Lane : 8 Athlete: WATELLE NONA					Q-time: 01:12:49
PB (25m pool): 01:12.49 LEUVEN 21/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.79		01:12.49	
	00:34.79 00:37.70				
					

Coach feedback: