

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Appeltans Ruth

Coaches: Defoin Steven

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 08:30	
Heat: 1/3 Lane : 5 Athlete: NEVEN MORRIS							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m 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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:38	
Heat: 2/3 Lane : 3 Athlete: THYS LUCIE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m 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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:38	
Heat: 2/3 Lane : 6 Athlete: NIJSSENS ROSANNA							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m 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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:1, starttime: 08:59
Heat: 1/11 Lane : 5 Athlete: VRANKEN IAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:42.53 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:1, starttime: 08:59
Heat: 1/11 Lane : 7 Athlete: DELSIENE STAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 09:01
Heat: 2/11 Lane : 1 Athlete: PUTTEMANS JULES		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:56.34 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:5, starttime: 09:05
Heat: 5/11 Lane : 2 Athlete: VERSLUYS JULES		Q-time: 00:40:97
PB (50m pool): 00:40.97 Wezenberg 04/01/2026		PB (25m pool): 00:38.25 SB: 00:40.97 Wezenberg 04/01/2026
	5 0 M	
PB	00:40.97	
	00:40.97	
		

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 3: 50M BUTTERFLY MEN 11+										Heat:6, starttime: 09:06																													
Heat: 6/11 Lane : 3 Athlete: GUILLIAMS REMKO																				Q-time: 00:36:99																			
PB (50m pool): 00:36.99 Wezenberg 04/01/2026																				PB (25m pool): 00:45.68SB: 00:36.99 Wezenberg 04/01/2026																			
	5 0 M																																						
PB	00:36.99																																						
	00:36.99																																						
																																							

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+										Heat:8, starttime: 09:08																			
Heat: 8/11 Lane : 3 Athlete: JAMAR KAMIEL																				Q-time: 00:32:76									
PB (50m pool): 00:32.76 Wezenberg 04/01/2026										PB (25m pool): 00:31.18SB: 00:32.76 Wezenberg 04/01/2026																			
		5 0 M																											
PB		00:32.76																											
		00:32.76																											
																													

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+										Heat:8, starttime: 09:08																			
Heat: 8/11 Lane : 8 Athlete: WERY MILAN																				Q-time: 00:33:74									
PB (50m pool): 00:33.71 Antwerpen 15/03/2026										PB (25m pool): 00:45.98SB: 00:33.71 Antwerpen 15/03/2026																			
	5 0 M																												
PB	00:33.71																												
	00:33.71																												
																													

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+										Heat:1, starttime: 09:13	
Heat: 1/12 Lane : 4 Athlete: WANTEN LAURA										Q-time: 99:99:99	
PB (50m pool): no time										PB (25m pool): 00:38.21 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 09:21
Heat: 7/12 Lane : 1 Athlete: DAS AMELIE			Q-time: 00:38:76
PB (50m pool): 00:38.76 Genk 01/02/2026			PB (25m pool): 00:38.57 SB: 00:38.76 Genk 01/02/2026
	5 0 M		
PB	00:38.76		
	00:38.76		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 09:22
Heat: 8/12 Lane : 7 Athlete: DAS LOUISE			Q-time: 00:35:82
PB (50m pool): 00:35.82 SportinGenk Park 21/04/2025			PB (25m pool): 00:31.62 SB: no time
	5 0 M		
PB	00:35.82		
	00:35.82		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 09:25
Heat: 11/12 Lane : 8 Athlete: MERGEAY OLIVIA			Q-time: 00:32:41
PB (50m pool): 00:31.25 Antwerpen 21/04/2024			PB (25m pool): 00:31.94 SB: 00:33.83 Genk 01/02/2026
	5 0 M		
PB	00:31.25		
	00:31.25		
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 09:33
Heat: 3/6 Lane : 2 Athlete: PIRARD DRIEK			Q-time: 01:29:86
PB (50m pool): 01:29.86 Antwerpen 20/07/2025			PB (25m pool): 01:37.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.38	01:29.86	
	00:42.38	00:47.48	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:5, starttime: 09:36
Heat: 5/6 Lane : 2 Athlete: RUYMEN SIEBE			Q-time: 01:11:63
PB (50m pool): 01:11.63 Genk 01/02/2026			PB (25m pool): 01:10.14 SB: 01:11.63 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.26	01:11.63	
	00:32.26	00:39.37	
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:5, starttime: 09:36
Heat: 5/6 Lane : 5 Athlete: VANDEPOEL QUINTEN			Q-time: 01:05:41
PB (50m pool): 01:05.41 Mol 22/06/2025			PB (25m pool): 01:04.08 SB: 01:05.47 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.45	01:05.41	
	00:31.45	00:33.96	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 10:02
Heat: 1/7 Lane : 2 Athlete: VRANKEN IAN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:41.03 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 10:02
Heat: 1/7 Lane : 3 Athlete: GUILLIAMS REMKO			Q-time: 99:99:99
PB (50m pool): 00:48.04 SportinGenk Park 01/04/2024			PB (25m pool): 00:45.98 SB: no time
	5 0 M		
PB	00:48.04		
	00:48.04		
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 8: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 10:04		
Heat: 2/7 Lane : 7 Athlete: DELSIENE STAN			Q-time: 99:99:99		
PB (50m pool): no time			PB (25m pool): 00:47.48 SB: no time		
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11+			Heat:4, starttime: 10:08		
Heat: 4/7 Lane : 7 Athlete: VERSLUYS JULES			Q-time: 00:38:19		
PB (50m pool): 00:38.19 Wezenberg 04/01/2026			PB (25m pool): 00:37.90 SB: 00:38.19 Wezenberg 04/01/2026		
	5 0 M				
PB	00:38.19				
	00:38.19				
					

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:20		
Heat: 4/8 Lane : 7 Athlete: DAS AMELIE			Q-time: 00:42:35		
PB (50m pool): 00:42.35 Wezenberg 04/01/2026			PB (25m pool): 00:39.91 SB: 00:42.35 Wezenberg 04/01/2026		
	5 0 M				
PB	00:42.35				
	00:42.35				
					

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:38		
Heat: 1/10 Lane : 7 Athlete: PUTTEMANS JULES			Q-time: 99:99:99		
PB (50m pool): no time			PB (25m pool): 01:51.83 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:52
Heat: 6/10 Lane : 5 Athlete: WERY MILAN			Q-time: 01:20:10
PB (50m pool): 01:19.51 Antwerpen 15/03/2026			PB (25m pool): 01:18.65 SB: 01:19.51 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.31	01:19.51	
	00:38.31	00:41.20	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:52
Heat: 6/10 Lane : 8 Athlete: PIRARD DRIEK			Q-time: 01:22:87
PB (50m pool): 01:22.87 Genk 01/02/2026			PB (25m pool): 01:20.35 SB: 01:22.87 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:40.59	01:22.87	
	00:40.59	00:42.28	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:56
Heat: 8/10 Lane : 1 Athlete: RUYMEN SIEBE			Q-time: 01:16:70
PB (50m pool): 01:15.39 Antwerpen 15/03/2026			PB (25m pool): 01:13.26 SB: 01:15.39 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.19	01:15.39	
	00:36.19	00:39.20	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 10:59
Heat: 9/10 Lane : 8 Athlete: JAMAR KAMIEL			Q-time: 01:12:83
PB (50m pool): 01:10.46 Antwerpen 08/03/2026			PB (25m pool): 01:10.66 SB: 01:10.46 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.53	01:10.46	
	00:34.53	00:35.93	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:01
Heat: 10/10 Lane : 7 Athlete: VANDEPOEL QUINTEN			Q-time: 01:07:89
PB (50m pool): 01:07.89 Wezenberg 03/01/2026			PB (25m pool): 01:05.78 SB: 01:07.89 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:32.96	01:07.89	
	00:32.96	00:34.93	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 11:03
Heat: 1/10 Lane : 4 Athlete: WANTEN LAURA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:27.42 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 11:21
Heat: 8/10 Lane : 2 Athlete: MERGEAY OLIVIA			Q-time: 01:17:54
PB (50m pool): 01:17.54 Wezenberg 03/01/2026			PB (25m pool): 01:13.61 SB: 01:17.54 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:37.37	01:17.54	
	00:37.37	00:40.17	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 11:23
Heat: 9/10 Lane : 4 Athlete: DAS LOUISE			Q-time: 01:12:87
PB (50m pool): 01:11.71 Antwerpen 08/03/2026			PB (25m pool): 01:11.13 SB: 01:11.71 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.37	01:11.71	
	00:34.37	00:37.34	
			

Coach feedback: