

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 13: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:16
Heat: 1/11 Lane : 4 Athlete: VRANKEN IAN			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 00:59.60 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 13: 50M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:18
Heat: 2/11 Lane : 1 Athlete: DELSIENE STAN			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 00:52.09 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 13: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:19
Heat: 3/11 Lane : 1 Athlete: PUTTEMANS JULES			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 00:57.98 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 13: 50M BREASTSTROKE MEN 11+										Heat:7, starttime: 14:25																						
Heat: 7/11 Lane : 1 Athlete: WERY MILAN																				Q-time: 00:43:77												
PB (50m pool): 00:43.77 Genk 01/02/2026										PB (25m pool): no time SB: 00:43.77 Genk 01/02/2026																						
		5 0 M																														
PB			00:43.77																													
			00:43.77																													
																																

Coach feedback:

Event number: 13: 50M BREASTSTROKE MEN 11+										Heat:7, starttime: 14:25																				
Heat: 7/11 Lane : 3 Athlete: PIRARD DRIEK																				Q-time: 00:42:39										
PB (50m pool): 00:42.39 Wezenberg 04/01/2026										PB (25m pool): 00:42.25 SB: 00:42.39 Wezenberg 04/01/2026																				
	5 0 M																													
PB	00:42.39																													
	00:42.39																													
																														

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 11+										Heat:2, starttime: 14:33	
Heat: 2/11 Lane : 2 Athlete: WANTEN LAURA										Q-time: 99:99:99	
PB (50m pool): no time										PB (25m pool): 00:50.68 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 11+										Heat:9, starttime: 14:42																																		
Heat: 9/11																				Lane : 2					Athlete: MERGEAY OLIVIA										Q-time: 00:41:82									
PB (50m pool): 00:41.82										Wezenberg					05/01/2025					PB (25m pool): 00:40.07										SB: 00:42.67					Wezenberg					03/01/2026				
	5 0 M																																											
PB	00:41.82																																											
	00:41.82																																											
																																												

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:52
Heat: 3/7 Lane : 5 Athlete: GUILLIAMS REMKO			Q-time: 01:39:56
PB (50m pool): 01:39.56 Wezenberg 04/01/2026			PB (25m pool): 01:55.79 SB: 01:39.56 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.97	01:39.56	
	00:47.97	00:51.59	
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:54
Heat: 4/7 Lane : 3 Athlete: VERSLUYS JULES			Q-time: 01:33:51
PB (50m pool): 01:33.51 Wezenberg 04/01/2026			PB (25m pool): no time SB: 01:33.51 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:45.45	01:33.51	
	00:45.45	00:48.06	
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:54
Heat: 4/7 Lane : 8 Athlete: RUYMEN SIEBE			Q-time: 01:38:77
PB (50m pool): 01:32.87 Antwerpen 15/03/2026			PB (25m pool): 01:26.67 SB: 01:32.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.54	01:32.87	
	00:43.54	00:49.33	
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 14:56
Heat: 5/7 Lane : 1 Athlete: JAMAR KAMIEL			Q-time: 01:24:15
PB (50m pool): 01:20.42 Antwerpen 08/03/2026			PB (25m pool): 01:20.22 SB: 01:20.42 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:38.18	01:20.42	
	00:38.18	00:42.24	
			

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:6, starttime: 14:58	
Heat: 6/7 Lane : 5 Athlete: VANDEPOEL QUINTEN				Q-time: 01:16:58	
PB (50m pool): 01:16.58 Wezenberg 03/01/2026				PB (25m pool): 01:16.50 SB: 01:16.58 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:36.69	01:16.58			
	00:36.69	00:39.89			
					

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 15:05	
Heat: 2/10 Lane : 2 Athlete: DAS AMELIE				Q-time: 01:53:14	
PB (50m pool): 01:53.14 Genk 01/02/2026				PB (25m pool): no time SB: 01:53.14 Genk 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:54.15	01:53.14			
	00:54.15	00:58.99			
					

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+				Heat:8, starttime: 15:18	
Heat: 8/10 Lane : 1 Athlete: DAS LOUISE				Q-time: 01:26:60	
PB (50m pool): 01:25.03 Antwerpen 08/03/2026				PB (25m pool): 01:23.91 SB: 01:25.03 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:39.87	01:25.03			
	00:39.87	00:45.16			
					

Coach feedback:

Event number: 17: 200M MEDLEY MIXED 10-9				Heat:1, starttime: 15:24	
Heat: 1/2 Lane : 4 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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 21: 100M FREESTYLE MEN 11+			Heat:1, starttime: 16:13
Heat: 1/12 Lane : 2 Athlete: DELSIENE STAN			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	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:1, starttime: 16:13
Heat: 1/12 Lane : 3 Athlete: PUTTEMANS JULES			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	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 16:15
Heat: 2/12 Lane : 8 Athlete: VRANKEN IAN			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	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 16:23
Heat: 6/12 Lane : 2 Athlete: VERSLUYS JULES			Q-time: 01:13:28
PB (50m pool): 01:13.28 Wezenberg 04/01/2026 PB (25m pool): 01:17.74 SB: 01:13.28 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M	
PB	00:35.99	01:13.28	
	00:35.99	00:37.29	
	no time		

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 16:23
Heat: 6/12 Lane : 7 Athlete: GUILLIAMS REMKO			Q-time: 01:13:82
PB (50m pool): 01:13.82 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:22.04 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.01	01:13.82	
	00:36.01	00:37.81	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:25
Heat: 7/12 Lane : 1 Athlete: PIRARD DRIEK			Q-time: 01:10:14
PB (50m pool): 01:10.14 Genk 01/02/2026 PB (25m pool): 01:11.69 SB: 01:10.14 Genk 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:33.22	01:10.14	
	00:33.22	00:36.92	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:26
Heat: 8/12 Lane : 2 Athlete: WERY MILAN			Q-time: 01:07:41
PB (50m pool): 01:06.08 Antwerpen 15/03/2026 PB (25m pool): 01:06.26 SB: 01:06.08 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:32.44	01:06.08	
	00:32.44	00:33.64	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:26
Heat: 8/12 Lane : 5 Athlete: RUYMEN SIEBE			Q-time: 01:06:01
PB (50m pool): 01:04.93 Antwerpen 15/03/2026 PB (25m pool): 01:06.70 SB: 01:04.93 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:31.88	01:04.93	
	00:31.88	00:33.05	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 16:28
Heat: 9/12 Lane : 4 Athlete: JAMAR KAMIEL			Q-time: 01:03:89
PB (50m pool): 01:02.49 Antwerpen 08/03/2026			PB (25m pool): 01:03.05 SB: 01:02.49 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:29.92	01:02.49	
	00:29.92	00:32.57	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:11, starttime: 16:31
Heat: 11/12 Lane : 3 Athlete: VANDEPOEL QUINTEN			Q-time: 00:59:10
PB (50m pool): 00:59.10 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:57.91 SB: 01:00.15 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.09	00:59.10	
	00:29.09	00:30.01	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 16:35
Heat: 1/12 Lane : 4 Athlete: WANTEN LAURA			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	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:43
Heat: 5/12 Lane : 2 Athlete: DAS AMELIE			Q-time: 01:16:62
PB (50m pool): 01:16.25 Antwerpen 15/03/2026			PB (25m pool): 01:24.52 SB: 01:16.25 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.48	01:16.25	
	00:36.48	00:39.77	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:52
Heat: 10/12 Lane : 5 Athlete: DAS LOUISE			Q-time: 01:05:76
PB (50m pool): 01:04.87 Antwerpen 08/03/2026			PB (25m pool): 01:04.63 SB: 01:04.87 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.13	01:04.87	
	00:31.13	00:33.74	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:53
Heat: 11/12 Lane : 8 Athlete: MERGEAY OLIVIA			Q-time: 01:05:04
PB (50m pool): 01:05.04 Wezenberg 05/01/2025			PB (25m pool): 01:04.60 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.69	01:05.04	
	00:30.69	00:34.35	
			

Coach feedback: