

M.Christophe Jorissen: 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

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:1, starttime: 08:30
Heat: 1/9 Lane : 5 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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:5, starttime: 08:46
Heat: 5/9 Lane : 7 Athlete: GUILLIAMS REMKO					Q-time: 03:12:37
PB (50m pool): 03:12.37 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 03:12.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.63	01:32.99	02:33.10	03:12.37	
	00:39.63	00:53.36	01:00.11	00:39.27	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:6, starttime: 08:50
Heat: 6/9 Lane : 3 Athlete: WERY MILAN					Q-time: 02:53:99
PB (50m pool): 02:53.99 Antwerpen 13/07/2025					PB (25m pool): 02:46.90 SB: 02:57.34 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.46	01:19.60	02:13.59	02:53.99	
	00:35.46	00:44.14	00:53.99	00:40.40	
					

Coach feedback:

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Event number: 1: 200M MEDLEY MEN 11+					Heat:6, starttime: 08:50
Heat: 6/9 Lane : 5 Athlete: PIRARD DRIEK					Q-time: 02:53:31
PB (50m pool): 02:53.31 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:53.48 SB: 02:53.31 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.04	01:22.60	02:15.47	02:53.31	
	00:38.04	00:44.56	00:52.87	00:37.84	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:7, starttime: 08:54
Heat: 7/9 Lane : 1 Athlete: THYS VINCE					Q-time: 02:48:07
PB (50m pool): 02:48.07 Antwerpen 08/03/2026 PB (25m pool): 02:49.24 SB: 02:48.07 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.68	01:21.65	02:10.79	02:48.07	
	00:37.68	00:43.97	00:49.14	00:37.28	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:17
Heat: 4/10 Lane : 5 Athlete: DAS AMELIE					Q-time: 03:09:32
PB (50m pool): 03:09.32 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:10.05 SB: 03:09.32 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.71	01:28.35	02:29.71	03:09.32	
	00:40.71	00:47.64	01:01.36	00:39.61	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:17
Heat: 4/10 Lane : 7 Athlete: WANTEN LAURA					Q-time: 03:17:23
PB (50m pool): 03:17.23 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:15.85 SB: 03:17.23 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.39	01:29.40	02:32.34	03:17.23	
	00:40.39	00:49.01	01:02.94	00:44.89	
					

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:24
Heat: 6/10 Lane : 2 Athlete: VERLINDEN ALINA					Q-time: 02:59:88
PB (50m pool): 02:59.88 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:57.89 SB: 03:05.10 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.32	01:27.71	02:20.25	02:59.88	
	00:38.32	00:49.39	00:52.54	00:39.63	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:31
Heat: 8/10 Lane : 3 Athlete: MERGEAY OLIVIA					Q-time: 02:49:27
PB (50m pool): 02:49.27 Antwerp 02/02/2025 PB (25m pool): 02:44.60 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.44	01:19.90	02:10.78	02:49.27	
	00:36.44	00:43.46	00:50.88	00:38.49	
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 09:44
Heat: 2/4 Lane : 4 Athlete: NEVEN MORRIS					Q-time: 02:02:44
PB (50m pool): no time PB (25m pool): 02:02.44 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 09:47
Heat: 3/4 Lane : 7 Athlete: THYS LUCIE					Q-time: 01:59:02
PB (50m pool): no time PB (25m pool): 01:59.02 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MIXED 10-9				Heat:3, starttime: 09:47
Heat: 3/4 Lane : 8 Athlete: NIJSSENS ROSANNA				Q-time: 02:01:91
PB (50m pool): no time		PB (25m pool): 02:01.91 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 09:53
Heat: 1/3 Lane : 1 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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 09:57
Heat: 2/3 Lane : 1 Athlete: VERSLUYS JULES					Q-time: 03:25:86
PB (50m pool): 03:25.86 Antwerpen 13/07/2025		PB (25m pool): 03:19.20 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.63	01:42.23	02:35.04	03:25.86	
	00:48.63	00:53.60	00:52.81	00:50.82	
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:01
Heat: 3/3 Lane : 3 Athlete: VANDEPOEL QUINTEN					Q-time: 02:37:72
PB (50m pool): no time		PB (25m pool): 02:37.72 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:

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Event number: 6: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 10:21
Heat: 1/5 Lane : 4 Athlete: VANSTRAELEN JULIAN			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: 6: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 10:21
Heat: 1/5 Lane : 5 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		
			

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 10:24
Heat: 2/5 Lane : 6 Athlete: THYS VINCE			Q-time: 01:23:30
PB (50m pool): 01:23.30 Wezenberg 04/01/2026			PB (25m pool): 01:22.87 SB: 01:23.30 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.70	01:23.30	
	00:38.70	00:44.60	
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 10:32
Heat: 1/4 Lane : 4 Athlete: MERGEAY OLIVIA			Q-time: 99:99:99
PB (50m pool): 01:19.76 SportinGenk Park 19/05/2024			PB (25m pool): 01:18.18 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:19.76	
	no time		
			

Coach feedback:

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Event number: 7: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:36
Heat: 3/4 Lane : 4 Athlete: DAS LOUISE			Q-time: 01:18:20
PB (50m pool): 01:18.20 Wezenberg 04/01/2026			PB (25m pool): 01:31.75 SB: 01:18.20 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.30	01:18.20	
	00:34.30	00:43.90	
			

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9			Heat:2, starttime: 10:43
Heat: 2/4 Lane : 4 Athlete: THYS LUCIE			Q-time: 01:54:80
PB (50m pool): no time			PB (25m pool): 01:54.80 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9			Heat:4, starttime: 10:48
Heat: 4/4 Lane : 1 Athlete: NIJSSENS ROSANNA			Q-time: 01:35:23
PB (50m pool): no time			PB (25m pool): 01:35.23 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9			Heat:4, starttime: 10:48
Heat: 4/4 Lane : 6 Athlete: NEVEN MORRIS			Q-time: 01:32:93
PB (50m pool): no time			PB (25m pool): 01:32.93 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 9: 200M FREESTYLE MEN 13+				Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 4 Athlete: VANDEPOEL QUINTEN				Q-time: 02:04:15	
PB (50m pool): 02:04.15 Antwerpen 08/03/2026				PB (25m pool): 02:01.25 SB: 02:04.15 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.10	01:00.45	01:33.03	02:04.15	
	00:29.10	00:31.35	00:32.58	00:31.12	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 11:35	
Heat: 1/10 Lane : 4 Athlete: PUTTEMANS JULES				Q-time: 01:52:38	
PB (50m pool): 01:52.38 SportinGenk Park 06/04/2026				PB (25m pool): 01:51.83 SB: 01:52.38 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:53.88	01:52.38			
	00:53.88	00:58.50			
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 11:35	
Heat: 1/10 Lane : 5 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				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 11:40	
Heat: 3/10 Lane : 3 Athlete: VANSTRAELEN JULIAN				Q-time: 01:37:10	
PB (50m pool): no time				PB (25m pool): 01:37.10 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 11:40
Heat: 3/10 Lane : 5 Athlete: VRANKEN IAN			Q-time: 01:35:47
PB (50m pool): no time			PB (25m pool): 01:35.47 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 11:44
Heat: 5/10 Lane : 8 Athlete: VERSLUYS JULES			Q-time: 01:30:32
PB (50m pool): 01:29.85 Antwerpen 14/07/2024			PB (25m pool): 01:44.64 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:29.85	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 11:47
Heat: 6/10 Lane : 1 Athlete: GUILLIAMS REMKO			Q-time: 01:25:64
PB (50m pool): 01:25.64 Wezenberg 04/01/2026			PB (25m pool): 01:27.16 SB: 01:25.64 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:40.74	01:25.64	
	00:40.74	00:44.90	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 11:47
Heat: 6/10 Lane : 6 Athlete: PIRARD DRIEK			Q-time: 01:22:38
PB (50m pool): 01:22.38 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:20.35 SB: 01:22.38 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:40.48	01:22.38	
	00:40.48	00:41.90	
			

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 1 Athlete: WERY MILAN			Q-time: 01:18:51
PB (50m pool): 01:18.51 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:18.65 SB: 01:18.51 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:37.97	01:18.51	
	00:37.97	00:40.54	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 12:04
Heat: 4/11 Lane : 5 Athlete: WANTEN LAURA			Q-time: 01:29:98
PB (50m pool): 01:29.98 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:27.42 SB: 01:29.98 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.22	01:29.98	
	00:43.22	00:46.76	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 12:06
Heat: 5/11 Lane : 2 Athlete: DAS AMELIE			Q-time: 01:28:65
PB (50m pool): 01:28.65 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:28.09 SB: 01:28.65 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.97	01:28.65	
	00:43.97	00:44.68	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 12:13
Heat: 8/11 Lane : 4 Athlete: VERLINDEN ALINA			Q-time: 01:20:54
PB (50m pool): 01:20.54 Wezenberg 03/01/2026			PB (25m pool): 01:17.68 SB: 01:20.54 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:39.70	01:20.54	
	00:39.70	00:40.84	
			

Coach feedback:

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Event number: 13: 400M MEDLEY MEN 13+							Heat:1, starttime: 12:21	
Heat: 1/2 Lane : 5 Athlete: JAMAR KAMIEL							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
	no time							
								

Coach feedback:

Event number: 13: 400M MEDLEY MEN 13+							Heat:2, starttime: 12:27	
Heat: 2/2 Lane : 7 Athlete: RUYMEN SIEBE							Q-time: 05:55:38	
PB (50m pool): 05:55.38 Mol 22/06/2025			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	00:34.96	01:19.39	02:05.32	02:49.99	03:44.01	04:38.92	05:19.59	05:55.38
	00:34.96	00:44.43	00:45.93	00:44.67	00:54.02	00:54.91	00:40.67	00:35.79
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:47	
Heat: 2/2 Lane : 6 Athlete: DAS LOUISE							Q-time: 06:03:20	
PB (50m pool): 06:03.20 Mol 22/06/2025			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	00:38.11	01:23.82	02:14.25	03:01.99	03:52.14	04:43.89	05:25.34	06:03.20
	00:38.11	00:45.71	00:50.43	00:47.74	00:50.15	00:51.75	00:41.45	00:37.86
								

Coach feedback: