

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:15 untill 14:10. 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: 15: 50M BREASTSTROKE MIXED 10-9		Heat:1, starttime: 14:15
Heat: 1/4 Lane : 4 Athlete: NIJSSENS ROSANNA		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9		Heat:2, starttime: 14:17
Heat: 2/4 Lane : 3 Athlete: NEVEN MORRIS		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9		Heat:2, starttime: 14:17
Heat: 2/4 Lane : 7 Athlete: THYS LUCIE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:22
Heat: 1/11 Lane : 4 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: 16: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:24
Heat: 2/11 Lane : 7 Athlete: PUTTEMANS JULES			Q-time: 02:03:26
PB (50m pool): no time			PB (25m pool): 02:03.26 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 8 Athlete: VANSTRAELEN JULIAN			Q-time: 01:49:48
PB (50m pool): no time			PB (25m pool): 01:49.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 14:40
Heat: 9/11 Lane : 3 Athlete: JAMAR KAMIEL			Q-time: 01:20:42
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	
	no time		

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 14:46
Heat: 1/13 Lane : 2 Athlete: MERGEAY OLIVIA			Q-time: 99:99:99
PB (50m pool): 01:34.12 Antwerpen 05/02/2023			PB (25m pool): 01:31.54 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:34.12	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 3 Athlete: THYS LUCIE			Q-time: 01:48:66
PB (50m pool): no time			PB (25m pool): 01:48.66 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 2 Athlete: NEVEN MORRIS			Q-time: 01:29:91
PB (50m pool): no time			PB (25m pool): 01:29.91 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 3 Athlete: NIJSSENS ROSANNA			Q-time: 01:27:43
PB (50m pool): no time			PB (25m pool): 01:27.43 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 21: 100M FREESTYLE MEN 11+			Heat:1, starttime: 15:33
Heat: 1/10 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		
	no time		

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/10 Lane : 1 Athlete: DELSIENE STAN			Q-time: 01:39:58
PB (50m pool): 01:39.58 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 01:39.58 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:46.40	01:39.58	
	00:46.40	00:53.18	
	no time	no time	

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/10 Lane : 8 Athlete: PUTTEMANS JULES			Q-time: 02:04:15
PB (50m pool): 02:04.15 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 02:04.15 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:57.39	02:04.15	
	00:57.39	01:06.76	
	no time	no time	

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:3, starttime: 15:38
Heat: 3/10 Lane : 7 Athlete: VRANKEN IAN			Q-time: 01:20:41
PB (50m pool): 01:20.41 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 01:20.41 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:38.68	01:20.41	
	00:38.68	00:41.73	
	no time	no time	

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:5, starttime: 15:42
Heat: 5/10 Lane : 5 Athlete: WERY MILAN			Q-time: 01:05:12
PB (50m pool): 01:05.12 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:06.26 SB: 01:05.12 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:31.56	01:05.12	
	00:31.56	00:33.56	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 2 Athlete: JAMAR KAMIEL			Q-time: 01:02:02
PB (50m pool): 01:02.02 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:03.05 SB: 01:02.02 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:30.06	01:02.02	
	00:30.06	00:31.96	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 15:48
Heat: 9/10 Lane : 7 Athlete: VANDEPOEL QUINTEN			Q-time: 00:58:62
PB (50m pool): 00:58.62 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:57.91 SB: 00:58.62 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:28.54	00:58.62	
	00:28.54	00:30.08	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:56
Heat: 3/12 Lane : 4 Athlete: WANTEN LAURA			Q-time: 01:18:97
PB (50m pool): 01:18.97 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 01:18.97 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:36.51	01:18.97	
	00:36.51	00:42.46	
			

Coach feedback:

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Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:10, starttime: 16:08	
Heat: 10/12 Lane : 5 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:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:11, starttime: 16:10	
Heat: 11/12 Lane : 4 Athlete: DAS LOUISE				Q-time: 01:04:38	
PB (50m pool): 01:04.38 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:04.63 SB: 01:04.38 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:31.13	01:04.38			
	00:31.13	00:33.25			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+				Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 4 Athlete: VRANKEN IAN				Q-time: 03:33:80	
PB (50m pool): no time				PB (25m pool): 03:33.80 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: 23: 200M BACKSTROKE MEN 13+				Heat:2, starttime: 16:23	
Heat: 2/4 Lane : 5 Athlete: WERY MILAN				Q-time: 02:52:40	
PB (50m pool): 02:52.40 Antwerpen 13/07/2025				PB (25m pool): 02:46.62 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.78	01:23.88	02:09.58	02:52.40	
	00:39.78	00:44.10	00:45.70	00:42.82	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 16:23
Heat: 2/4 Lane : 7 Athlete: VERSLUYS JULES					Q-time: 03:06:10
PB (50m pool): 03:06.10 Genk 01/02/2026					PB (25m pool): 03:16.34 SB: 03:06.10 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.09	01:32.75	02:22.58	03:06.10	
	00:43.09	00:49.66	00:49.83	00:43.52	
					

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+					Heat:4, starttime: 17:10			
Heat: 4/7 Lane : 2 Athlete: GUILLIAMS REMKO					Q-time: 05:53:98			
PB (50m pool): no time					PB (25m pool): 05:53.00 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: 25: 400M FREESTYLE MEN 11+					Heat:4, starttime: 17:10			
Heat: 4/7 Lane : 3 Athlete: THYS VINCE					Q-time: 05:43:69			
PB (50m pool): 05:43.69 Antwerpen 20/07/2025					PB (25m pool): 05:20.85 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	00:36.09	01:19.00	02:03.45	02:48.45	03:32.97	04:18.25	05:02.55	05:43.69
	00:36.09	00:42.91	00:44.45	00:45.00	00:44.52	00:45.28	00:44.30	00:41.14
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+					Heat:5, starttime: 17:17			
Heat: 5/7 Lane : 2 Athlete: PIRARD DRIEK					Q-time: 05:23:71			
PB (50m pool): 05:23.71 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 05:19.16 SB: 05:23.71 Zwembad Brigitte Becue 26/04/2026			
	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	00:35.71	01:16.81	01:59.02	02:41.42	03:23.65	04:06.05	04:46.30	05:23.71
	00:35.71	00:41.10	00:42.21	00:42.40	00:42.23	00:42.40	00:40.25	00:37.41
								

Coach feedback:

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Event number: 25: 400M FREESTYLE MEN 11+							Heat:7, starttime: 17:28	
Heat: 7/7 Lane : 1 Athlete: RUYMEN SIEBE							Q-time: 04:41:32	
PB (50m pool): 04:41.32 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:50.43 SB: 04:41.32 Zwembad Brigitte Becue 26/04/2026								
	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	00:31.74	01:08.15	01:45.37	02:22.27	02:58.44	03:34.55	04:07.99	04:41.32
	00:31.74	00:36.41	00:37.22	00:36.90	00:36.17	00:36.11	00:33.44	00:33.33
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:7, starttime: 17:28	
Heat: 7/7 Lane : 4 Athlete: VANDEPOEL QUINTEN							Q-time: 04:20:57	
PB (50m pool): 04:20.57 Antwerpen 27/07/2025								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 4 Athlete: DAS AMELIE							Q-time: 06:24:38	
PB (50m pool): 06:24.38 SportinGenk Park 21/04/2025 PB (25m pool): 05:42.23 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	00:42.85	01:31.34	02:22.47	03:13.16	04:03.48	04:53.93	05:43.49	06:24.38
	00:42.85	00:48.49	00:51.13	00:50.69	00:50.32	00:50.45	00:49.56	00:40.89
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 7 Athlete: VERLINDEN ALINA							Q-time: 05:46:28	
PB (50m pool): 06:17.19 Antwerpen 17/07/2022								

Coach feedback: