

# SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 17:00 untill 17:45. 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: 50M FREESTYLE MEN 11+           |           | Heat:5, starttime: 18:05            |
|--------------------------------------------------|-----------|-------------------------------------|
| Heat: 5/16   Lane : 7   Athlete: THYS VINCE      |           | Q-time: 00:33:03                    |
| PB (50m pool): 00:33.03   Wezenberg   05/01/2025 |           | PB (25m pool): 00:29.68 SB: no time |
|                                                  | 5 0 M     |                                     |
| PB                                               | 00:33.03  |                                     |
|                                                  | 00:33.03  |                                     |
|                                                  | . . . . . |                                     |

Coach feedback:

| Event number: 1: 50M FREESTYLE MEN 11+           |           | Heat:8, starttime: 18:10                                      |
|--------------------------------------------------|-----------|---------------------------------------------------------------|
| Heat: 8/16   Lane : 0   Athlete: RUYMEN SIEBE    |           | Q-time: 00:30:20                                              |
| PB (50m pool): 00:30.01   Antwerpen   15/03/2026 |           | PB (25m pool): 00:29.26 SB: 00:30.01   Antwerpen   15/03/2026 |
|                                                  | 5 0 M     |                                                               |
| PB                                               | 00:30.01  |                                                               |
|                                                  | 00:30.01  |                                                               |
|                                                  | . . . . . |                                                               |

Coach feedback:

| Event number: 1: 50M FREESTYLE MEN 11+           |           | Heat:8, starttime: 18:10                                      |
|--------------------------------------------------|-----------|---------------------------------------------------------------|
| Heat: 8/16   Lane : 1   Athlete: WERY MILAN      |           | Q-time: 00:29:86                                              |
| PB (50m pool): 00:28.94   Antwerpen   15/03/2026 |           | PB (25m pool): 00:29.52 SB: 00:28.94   Antwerpen   15/03/2026 |
|                                                  | 5 0 M     |                                                               |
| PB                                               | 00:28.94  |                                                               |
|                                                  | 00:28.94  |                                                               |
|                                                  | . . . . . |                                                               |

Coach feedback:

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

| Event number: 1: 50M FREESTYLE MEN 11+                                                                         |           |  |  |  | Heat:11, starttime: 18:10 |  |  |  |  |
|----------------------------------------------------------------------------------------------------------------|-----------|--|--|--|---------------------------|--|--|--|--|
| Heat: 11/16 Lane : 9 Athlete: VANDEPOEL QUINTEN                                                                |           |  |  |  | Q-time: 00:27:52          |  |  |  |  |
| PB (50m pool): 00:27.52 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:26.85 SB: 00:27.65 Genk 01/02/2026 |           |  |  |  |                           |  |  |  |  |
|                                                                                                                | 5 0 M     |  |  |  |                           |  |  |  |  |
| PB                                                                                                             | 00:27.52  |  |  |  |                           |  |  |  |  |
|                                                                                                                | 00:27.52  |  |  |  |                           |  |  |  |  |
|                                                                                                                | . . . . . |  |  |  |                           |  |  |  |  |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+      |           |  |  |  | Heat:6, starttime: 18:25            |  |
|-----------------------------------------------|-----------|--|--|--|-------------------------------------|--|
| Heat: 6/15    Lane : 2    Athlete: DAS AMELIE |           |  |  |  | Q-time: 00:34:34                    |  |
| PB (50m pool): 00:39.73    Mol 23/06/2024     |           |  |  |  | PB (25m pool): 00:34.34 SB: no time |  |
|                                               | 5 0 M     |  |  |  |                                     |  |
| PB                                            | 00:39.73  |  |  |  |                                     |  |
|                                               | 00:39.73  |  |  |  |                                     |  |
|                                               | . . . . . |  |  |  |                                     |  |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+        |                |  |  | Heat:6, starttime: 18:25            |  |
|-------------------------------------------------|----------------|--|--|-------------------------------------|--|
| Heat: 6/15    Lane : 9    Athlete: WANTEN LAURA |                |  |  | Q-time: 00:34:93                    |  |
| PB (50m pool): no time                          |                |  |  | PB (25m pool): 00:34.93 SB: no time |  |
|                                                 | 5 0 M          |  |  |                                     |  |
| PB                                              | no time        |  |  |                                     |  |
|                                                 | <i>no time</i> |  |  |                                     |  |
|                                                 | . . . . .      |  |  |                                     |  |

Coach feedback:

| Event number: 3: 50M BACKSTROKE MEN 11+         |           |  |  |  |  | Heat:7, starttime: 18:40                                   |  |
|-------------------------------------------------|-----------|--|--|--|--|------------------------------------------------------------|--|
| Heat: 7/11    Lane : 0    Athlete: JAMAR KAMIEL |           |  |  |  |  | Q-time: 00:33:75                                           |  |
| PB (50m pool): 00:33.75    Genk    01/02/2026   |           |  |  |  |  | PB (25m pool): 00:32.58 SB: 00:33.75    Genk    01/02/2026 |  |
|                                                 | 5 0 M     |  |  |  |  |                                                            |  |
| PB                                              | 00:33.75  |  |  |  |  |                                                            |  |
|                                                 | 00:33.75  |  |  |  |  |                                                            |  |
|                                                 | . . . . . |  |  |  |  |                                                            |  |

Coach feedback:

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

| Event number: 4: 50M BACKSTROKE WOMEN 11+ |           |  |  |  | Heat:10, starttime: 18:55                            |  |  |  |  |
|-------------------------------------------|-----------|--|--|--|------------------------------------------------------|--|--|--|--|
| Heat: 10/10 Lane : 8 Athlete: DAS LOUISE  |           |  |  |  | Q-time: 00:34:17                                     |  |  |  |  |
| PB (50m pool): 00:34.17 Genk 01/02/2026   |           |  |  |  | PB (25m pool): 00:32.39 SB: 00:34.17 Genk 01/02/2026 |  |  |  |  |
|                                           | 5 0 M     |  |  |  |                                                      |  |  |  |  |
| PB                                        | 00:34.17  |  |  |  |                                                      |  |  |  |  |
|                                           | 00:34.17  |  |  |  |                                                      |  |  |  |  |
|                                           | . . . . . |  |  |  |                                                      |  |  |  |  |

Coach feedback:

| Event number: 5: 50M BUTTERFLY MEN 11+          |           |  |  |  |  | Heat:4, starttime: 19:20                                     |  |
|-------------------------------------------------|-----------|--|--|--|--|--------------------------------------------------------------|--|
| Heat: 4/11    Lane : 4    Athlete: WERY MILAN   |           |  |  |  |  | Q-time: 00:33:74                                             |  |
| PB (50m pool): 00:33.71    Antwerpen 15/03/2026 |           |  |  |  |  | PB (25m pool): 00:45.98 SB: 00:33.71    Antwerpen 15/03/2026 |  |
|                                                 | 5 0 M     |  |  |  |  |                                                              |  |
| PB                                              | 00:33.71  |  |  |  |  |                                                              |  |
|                                                 | 00:33.71  |  |  |  |  |                                                              |  |
|                                                 | . . . . . |  |  |  |  |                                                              |  |

Coach feedback:

| Event number: 5: 50M BUTTERFLY MEN 11+          |           |  |  |  |  | Heat:5, starttime: 19:20                                     |  |
|-------------------------------------------------|-----------|--|--|--|--|--------------------------------------------------------------|--|
| Heat: 5/11    Lane : 0    Athlete: RUYMEN SIEBE |           |  |  |  |  | Q-time: 00:33:63                                             |  |
| PB (50m pool): 00:30.84    Antwerpen 15/03/2026 |           |  |  |  |  | PB (25m pool): 00:30.95 SB: 00:30.84    Antwerpen 15/03/2026 |  |
|                                                 | 5 0 M     |  |  |  |  |                                                              |  |
| PB                                              | 00:30.84  |  |  |  |  |                                                              |  |
|                                                 | 00:30.84  |  |  |  |  |                                                              |  |
|                                                 | . . . . . |  |  |  |  |                                                              |  |

Coach feedback:

| Event number: 5: 50M BUTTERFLY MEN 11+                                                               |           |  |  |  | Heat:7, starttime: 19:20 |  |
|------------------------------------------------------------------------------------------------------|-----------|--|--|--|--------------------------|--|
| Heat: 7/11    Lane : 4    Athlete: VANDEPOEL QUINTEN                                                 |           |  |  |  | Q-time: 00:29:45         |  |
| PB (50m pool): 00:29.45   Zwembad Brigitte Becue   30/05/2025    PB (25m pool): 00:29.19 SB: no time |           |  |  |  |                          |  |
|                                                                                                      | 5 0 M     |  |  |  |                          |  |
| PB                                                                                                   | 00:29.45  |  |  |  |                          |  |
|                                                                                                      | 00:29.45  |  |  |  |                          |  |
|                                                                                                      | . . . . . |  |  |  |                          |  |

Coach feedback:

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

| Event number: 6: 50M BUTTERFLY WOMEN 11+            |           |  |  | Heat:2, starttime: 19:30                                         |  |
|-----------------------------------------------------|-----------|--|--|------------------------------------------------------------------|--|
| Heat: 2/12 Lane : 6 Athlete: WANTEN LAURA           |           |  |  | Q-time: 99:99:99                                                 |  |
| PB (50m pool): 00:40.17 SportinGenk Park 06/04/2026 |           |  |  | PB (25m pool): 00:38.21 SB: 00:40.17 SportinGenk Park 06/04/2026 |  |
|                                                     | 5 0 M     |  |  |                                                                  |  |
| PB                                                  | 00:40.17  |  |  |                                                                  |  |
|                                                     | 00:40.17  |  |  |                                                                  |  |
|                                                     | . . . . . |  |  |                                                                  |  |

Coach feedback:

| Event number: 7: 50M BREASTSTROKE MEN 11+           |           |  |  | Heat:3, starttime: 19:45            |  |
|-----------------------------------------------------|-----------|--|--|-------------------------------------|--|
| Heat: 3/9 Lane : 2 Athlete: THYS VINCE              |           |  |  | Q-time: 00:45:07                    |  |
| PB (50m pool): 00:45.07 SportinGenk Park 21/04/2025 |           |  |  | PB (25m pool): 00:39.10 SB: no time |  |
|                                                     | 5 0 M     |  |  |                                     |  |
| PB                                                  | 00:45.07  |  |  |                                     |  |
|                                                     | 00:45.07  |  |  |                                     |  |
|                                                     | . . . . . |  |  |                                     |  |

Coach feedback:

| Event number: 7: 50M BREASTSTROKE MEN 11+           |           |  |  | Heat:4, starttime: 19:45            |  |
|-----------------------------------------------------|-----------|--|--|-------------------------------------|--|
| Heat: 4/9 Lane : 5 Athlete: JAMAR KAMIEL            |           |  |  | Q-time: 00:40:96                    |  |
| PB (50m pool): 00:40.96 SportinGenk Park 21/04/2025 |           |  |  | PB (25m pool): 00:35.54 SB: no time |  |
|                                                     | 5 0 M     |  |  |                                     |  |
| PB                                                  | 00:40.96  |  |  |                                     |  |
|                                                     | 00:40.96  |  |  |                                     |  |
|                                                     | . . . . . |  |  |                                     |  |

Coach feedback:

| Event number: 8: 50M BREASTSTROKE WOMEN 11+  |           |  |  | Heat:3, starttime: 19:55                                  |  |
|----------------------------------------------|-----------|--|--|-----------------------------------------------------------|--|
| Heat: 3/10 Lane : 9 Athlete: DAS AMELIE      |           |  |  | Q-time: 00:53:53                                          |  |
| PB (50m pool): 00:53.53 Wezenberg 04/01/2026 |           |  |  | PB (25m pool): 00:52.63 SB: 00:53.53 Wezenberg 04/01/2026 |  |
|                                              | 5 0 M     |  |  |                                                           |  |
| PB                                           | 00:53.53  |  |  |                                                           |  |
|                                              | 00:53.53  |  |  |                                                           |  |
|                                              | . . . . . |  |  |                                                           |  |

Coach feedback:

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|                                                  |           |  |  |  |  |  |  |  |  |                                                               |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------------------|-----------|--|--|--|--|--|--|--|--|---------------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|--|
| Event number: 8: 50M BREASTSTROKE WOMEN 11+      |           |  |  |  |  |  |  |  |  | Heat:6, starttime: 20:00                                      |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
| Heat: 6/10   Lane : 3   Athlete: DAS LOUISE      |           |  |  |  |  |  |  |  |  |                                                               |  |  |  |  |  |  |  |  |  | Q-time: 00:42:58 |  |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:39.71   Antwerpen   08/03/2026 |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:40.24 SB: 00:39.71   Antwerpen   08/03/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                                  | 5 0 M     |  |  |  |  |  |  |  |  |                                                               |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
| PB                                               | 00:39.71  |  |  |  |  |  |  |  |  |                                                               |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                                  | 00:39.71  |  |  |  |  |  |  |  |  |                                                               |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |
|                                                  | . . . . . |  |  |  |  |  |  |  |  |                                                               |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |

Coach feedback: