

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 07:45 untill 08:45. 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: 9: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:15
Heat: 9/27 Lane : 2 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: 9: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:20
Heat: 11/27 Lane : 4 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: 9: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:20
Heat: 13/27 Lane : 3 Athlete: THYS VINCE			Q-time: 01:06:14
PB (50m pool): 01:05.97 Antwerpen 08/03/2026			PB (25m pool): 01:07.62 SB: 01:05.97 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.41	01:05.97	
	00:31.41	00:34.56	
			

Coach feedback:

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Event number: 9: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:25
Heat: 14/27 Lane : 9 Athlete: RUYMEN SIEBE			Q-time: 01:06:01
PB (50m pool): 01:03.39 SportinGenk Park 06/04/2026			PB (25m pool): 01:06.70 SB: 01:03.39 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:30.65	01:03.39	
	00:30.65	00:32.74	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:25
Heat: 15/27 Lane : 1 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: 9: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:35
Heat: 21/27 Lane : 9 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: 00:59.20 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:29.09	00:59.10	
	00:29.09	00:30.01	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:50
Heat: 2/26 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:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:55
Heat: 5/26 Lane : 8 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: 10: 100M BREASTSTROKE WOMEN 11+			Heat:20, starttime: 10:30
Heat: 20/26 Lane : 5 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: 11: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 11:10
Heat: 8/24 Lane : 4 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: 11: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:15
Heat: 9/24 Lane : 4 Athlete: THYS VINCE			Q-time: 01:21:41
PB (50m pool): 01:19.73 Antwerpen 08/03/2026			PB (25m pool): 01:19.41 SB: 01:19.73 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:38.98	01:19.73	
	00:38.98	00:40.75	
			

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:15
Heat: 10/24 Lane : 3 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: 11: 100M BACKSTROKE MEN 11+			Heat:13, starttime: 11:20
Heat: 13/24 Lane : 7 Athlete: RUYMEN SIEBE			Q-time: 01:16:70
PB (50m pool): 01:15.22 SportinGenk Park 06/04/2026			PB (25m pool): 01:13.26 SB: 01:15.22 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:36.30	01:15.22	
	00:36.30	00:38.92	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:25
Heat: 16/24 Lane : 6 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:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:19, starttime: 11:30
Heat: 19/24 Lane : 4 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:

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Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:45
Heat: 3/22 Lane : 0 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: 12: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:00
Heat: 8/22 Lane : 1 Athlete: DAS AMELIE			Q-time: 01:37:77
PB (50m pool): no time			PB (25m pool): 01:37.77 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:16, starttime: 12:15
Heat: 16/22 Lane : 2 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: