

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 15: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/24 Lane : 9 Athlete: DAS AMELIE					Q-time: 03:32:29
PB (50m pool): 03:32.29 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:10.05 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.32	01:43.93	02:48.09	03:32.29	
	00:48.32	00:55.61	01:04.16	00:44.20	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/24 Lane : 9 Athlete: WANTEN LAURA					Q-time: 03:15:85
PB (50m pool): no time PB (25m pool): 03:15.85 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: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 0 Athlete: DAS LOUISE					Q-time: 02:41:91
PB (50m pool): 02:41.91 Wezenberg 04/01/2026 PB (25m pool): 02:37.08 SB: 02:41.91 Wezenberg 04/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.30	01:15.62	02:05.41	02:41.91	
	00:34.30	00:41.32	00:49.79	00:36.50	
					

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:05	
Heat: 1/10 Lane : 5 Athlete: PIRARD DRIEK							Q-time: 05:35:46	
PB (50m pool): 05:35.46 Antwerpen 20/07/2025							PB (25m pool): 05:19.16 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	00:37.82	01:19.18	02:02.97	02:46.42	03:30.61	04:14.17	04:56.84	05:35.46
	00:37.82	00:41.36	00:43.79	00:43.45	00:44.19	00:43.56	00:42.67	00:38.62
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:10	
Heat: 2/10 Lane : 1 Athlete: RUYMEN SIEBE							Q-time: 05:29:76	
PB (50m pool): no time							PB (25m pool): 04:50.43 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: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 1 Athlete: VANDEPOEL QUINTEN							Q-time: 04:20:57	
PB (50m pool): 04:20.57 Antwerpen 27/07/2025							PB (25m pool): 04:16.87 SB: 04:22.01 Antwerpen 08/03/2026	
	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	00:29.77	01:02.04	01:34.88	02:08.20	02:41.50	03:15.05	03:48.72	04:20.57
	00:29.77	00:32.27	00:32.84	00:33.32	00:33.30	00:33.55	00:33.67	00:31.85
								

Coach feedback: