

# SPEEDOMEETING 2026: Session: 4: 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: 18: 100M FREESTYLE WOMEN 11+          |           |           | Heat:1, starttime: 09:00                                        |
|-----------------------------------------------------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 1/27 Lane : 4 Athlete: WANTEN LAURA           |           |           | Q-time: 99:99:99                                                |
| 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:

| Event number: 18: 100M FREESTYLE WOMEN 11+          |           |           | Heat:9, starttime: 09:15                                         |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 9/27 Lane : 8 Athlete: DAS AMELIE             |           |           | Q-time: 01:16:62                                                 |
| PB (50m pool): 01:15.21 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:24.52 SB: 01:15.21 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:36.58  | 01:15.21  |                                                                  |
|                                                     | 00:36.58  | 00:38.63  |                                                                  |
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Coach feedback:

| Event number: 18: 100M FREESTYLE WOMEN 11+          |           |           | Heat:20, starttime: 09:35                                        |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 20/27 Lane : 6 Athlete: DAS LOUISE            |           |           | Q-time: 01:05:76                                                 |
| PB (50m pool): 01:04.51 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:04.63 SB: 01:04.51 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:31.45  | 01:04.51  |                                                                  |
|                                                     | 00:31.45  | 00:33.06  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

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| Event number: 19: 100M BREASTSTROKE MEN 11+         |           |           | Heat:7, starttime: 10:00                                         |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 7/24 Lane : 3 Athlete: RUYMEN SIEBE           |           |           | Q-time: 01:38:77                                                 |
| PB (50m pool): 01:31.96 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:26.67 SB: 01:31.96 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:42.91  | 01:31.96  |                                                                  |
|                                                     | 00:42.91  | 00:49.05  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

| Event number: 19: 100M BREASTSTROKE MEN 11+               |           |           | Heat:9, starttime: 10:05                             |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 9/24 Lane : 7 Athlete: WERY MILAN                   |           |           | Q-time: 01:35:67                                     |
| PB (50m pool): 01:35.67 Zwembad Brigitte Becue 30/05/2025 |           |           | PB (25m pool): 01:32.34 SB: 01:38.63 Genk 01/02/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                                        | 00:43.37  | 01:35.67  |                                                      |
|                                                           | 00:43.37  | 00:52.30  |                                                      |
|                                                           | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 19: 100M BREASTSTROKE MEN 11+ |           |           | Heat:11, starttime: 10:10                            |
|---------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 11/24 Lane : 9 Athlete: PIRARD DRIEK  |           |           | Q-time: 01:32:03                                     |
| PB (50m pool): 01:32.03 Genk 01/02/2026     |           |           | PB (25m pool): 01:29.97 SB: 01:32.03 Genk 01/02/2026 |
|                                             | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                          | 00:43.43  | 01:32.03  |                                                      |
|                                             | 00:43.43  | 00:48.60  |                                                      |
|                                             | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 19: 100M BREASTSTROKE MEN 11+  |           |           | Heat:15, starttime: 10:20                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 15/24 Lane : 6 Athlete: JAMAR KAMIEL   |           |           | Q-time: 01:24:15                                          |
| 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  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 19: 100M BREASTSTROKE MEN 11+     |           |           | Heat:20, starttime: 10:30                                 |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 20/24 Lane : 3 Athlete: VANDEPOEL QUINTEN |           |           | Q-time: 01:16:58                                          |
| PB (50m pool): 01:16.58 Wezenberg 03/01/2026    |           |           | PB (25m pool): 01:16.50 SB: 01:16.58 Wezenberg 03/01/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:36.69  | 01:16.58  |                                                           |
|                                                 | 00:36.69  | 00:39.89  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 20: 100M BACKSTROKE WOMEN 11+  |           |           | Heat:8, starttime: 11:10                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 8/25 Lane : 5 Athlete: DAS AMELIE      |           |           | Q-time: 01:29:53                                          |
| PB (50m pool): 01:28.86 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:28.09 SB: 01:28.86 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:43.80  | 01:28.86  |                                                           |
|                                              | 00:43.80  | 00:45.06  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 20: 100M BACKSTROKE WOMEN 11+         |           |           | Heat:10, starttime: 11:10                                        |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 10/25 Lane : 7 Athlete: WANTEN LAURA          |           |           | Q-time: 01:27:42                                                 |
| PB (50m pool): 01:30.64 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:27.42 SB: 01:30.64 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:43.28  | 01:30.64  |                                                                  |
|                                                     | 00:43.28  | 00:47.36  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

| Event number: 20: 100M BACKSTROKE WOMEN 11+  |           |           | Heat:22, starttime: 11:35                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 22/25 Lane : 3 Athlete: DAS LOUISE     |           |           | Q-time: 01:12:87                                          |
| PB (50m pool): 01:11.71 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:11.13 SB: 01:11.71 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:34.37  | 01:11.71  |                                                           |
|                                              | 00:34.37  | 00:37.34  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 21: 100M BUTTERFLY MEN 11+            |           |           | Heat:6, starttime: 11:55                                         |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 6/22 Lane : 6 Athlete: PIRARD DRIEK           |           |           | Q-time: 01:29:86                                                 |
| PB (50m pool): 01:27.23 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:37.19 SB: 01:27.23 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:38.63  | 01:27.23  |                                                                  |
|                                                     | 00:38.63  | 00:48.60  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 11+     |           |           | Heat:10, starttime: 12:00                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 10/22 Lane : 7 Athlete: WERY MILAN     |           |           | Q-time: 01:21:00                                          |
| PB (50m pool): 01:20.73 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:15.66 SB: 01:20.73 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:36.56  | 01:20.73  |                                                           |
|                                              | 00:36.56  | 00:44.17  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 11+     |           |           | Heat:11, starttime: 12:05                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 11/22 Lane : 6 Athlete: JAMAR KAMIEL   |           |           | Q-time: 01:17:81                                          |
| PB (50m pool): 01:12.48 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:14.75 SB: 01:12.48 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:33.15  | 01:12.48  |                                                           |
|                                              | 00:33.15  | 00:39.33  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 11+            |           |           | Heat:14, starttime: 12:10                                        |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 14/22 Lane : 2 Athlete: RUYMEN SIEBE          |           |           | Q-time: 01:11:63                                                 |
| PB (50m pool): 01:09.68 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:10.14 SB: 01:09.68 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:31.68  | 01:09.68  |                                                                  |
|                                                     | 00:31.68  | 00:38.00  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

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|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Event number: 21: 100M BUTTERFLY MEN 11+            |           |           | Heat:18, starttime: 12:15                                        |
| Heat: 18/22 Lane : 8 Athlete: VANDEPOEL QUINTEN     |           |           | Q-time: 01:05:41                                                 |
| PB (50m pool): 01:04.93 SportinGenk Park 06/04/2026 |           |           | PB (25m pool): 01:04.08 SB: 01:04.93 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:30.22  | 01:04.93  |                                                                  |
|                                                     | 00:30.22  | 00:34.71  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback: