

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 08:30 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 2: 100M FREESTYLE MEN 11+

Heat:1, starttime: 09:34

Heat: 1/9 Lane : 3 Athlete: PUTTEMANS JULES

Q-time: 01:51:37

PB (25m pool): no time

PB (50m pool): 01:51.37 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:4, starttime: 09:40

Heat: 4/9 Lane : 2 Athlete: PIRARD DRIEK

Q-time: 01:11:69

PB (25m pool): 01:11.69 Temse 17/11/2025

PB (50m pool): 01:08.69 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.22		01:11.69	
	00:35.22			00:36.47	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:5, starttime: 09:42

Heat: 5/9 Lane : 1 Athlete: THYS VINCE

Q-time: 01:07:62

PB (25m pool): 01:07.62 Temse 17/11/2025

PB (50m pool): 01:03.55 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.26		01:07.62	
	00:32.26			00:35.36	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:42
Heat: 5/9 Lane : 6 Athlete: WERY MILAN					Q-time: 01:06:26
PB (25m pool): 01:06.26 LEUVEN 21/12/2025					PB (50m pool): 01:04.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.59		01:06.26	
	00:31.59		00:34.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:43
Heat: 6/9 Lane : 7 Athlete: JAMAR KAMIEL					Q-time: 01:03:05
PB (25m pool): 01:03.05 LEUVEN 21/12/2025					PB (50m pool): 01:00.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.61		01:03.05	
	00:30.61		00:32.44		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:54	
Heat: 2/11 Lane : 4 Athlete: WANTEN LAURA							Q-time: 03:15:85	
PB (25m pool): 03:15.85 Lommel 22/02/2026							PB (50m pool): 03:14.01 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.70		no time		no time		03:15.85
	00:39.70							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:02	
Heat: 4/11 Lane : 8 Athlete: DAS AMELIE							Q-time: 03:10:05	
PB (25m pool): 03:10.05 LEUVEN 21/12/2025			PB (50m pool): 03:04.07 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.76		01:28.41		02:29.04		03:10.05
	00:41.76		00:46.65		01:00.63		00:41.01	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:23	
Heat: 10/11 Lane : 3 Athlete: DAS LOUISE							Q-time: 02:37:08	
PB (25m pool): 02:37.08 Temse 17/11/2025				PB (50m pool): 02:37.55 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.28		01:14.45		02:01.98		02:37.08
	00:34.28		00:40.17		00:47.53		00:35.10	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:57	
Heat: 2/3 Lane : 3 Athlete: VERLINDEN ALINA							Q-time: 02:47:40	
PB (25m pool): 02:47.40 Beringen 08/02/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.51		01:22.61		no time		02:47.40
	00:39.51		00:43.10					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:01	
Heat: 3/3 Lane : 7 Athlete: DAS LOUISE							Q-time: 02:33:23	
PB (25m pool): 02:33.23 LEUVEN 21/12/2025				PB (50m pool): 02:33.83SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:14.60		01:55.34		02:33.23
	no time				00:40.74		00:37.89	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:11	
Heat: 2/3 Lane : 2 Athlete: RUYMEN SIEBE							Q-time: 04:50:43	
PB (25m pool): 04:50.43 LEUVEN 21/12/2025				PB (50m pool): 04:41.32 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:32.33		01:08.83		01:46.01		02:24.53
	00:32.33		00:36.50		00:37.18		00:38.52	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:02.08		03:40.18		04:15.94		04:50.43
	00:37.55		00:38.10		00:35.76		00:34.49	
								

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:28
Heat: 5/11 Lane : 5 Athlete: WANTEN LAURA			Q-time: 00:38:21
PB (25m pool): 00:38.21 Hannuit 28/03/2026			PB (50m pool): 00:38.72 SB: no time
	2 5 M	5 0 M	
PB		00:38.21	
		00:38.21	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:28
Heat: 5/11 Lane : 8 Athlete: DAS AMELIE			Q-time: 00:38:57
PB (25m pool): 00:38.57 Hannuit 28/03/2026			PB (50m pool): 00:38.55 SB: no time
	2 5 M	5 0 M	
PB		00:38.57	
		00:38.57	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:31
Heat: 8/11 Lane : 8 Athlete: VERLINDEN ALINA			Q-time: 00:34:09
PB (25m pool): 00:34.09 Hannuit 28/03/2026			PB (50m pool): 00:34.71 SB: no time
	2 5 M	5 0 M	
PB		00:34.09	
		00:34.09	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:36
Heat: 1/4 Lane : 4 Athlete: WERY MILAN			Q-time: 00:35:36
PB (25m pool): no time			PB (50m pool): 00:35.36 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:37
Heat: 2/4 Lane : 4 Athlete: JAMAR KAMIEL			Q-time: 00:32:58
PB (25m pool): 00:32.58 Hannuit 28/03/2026			PB (50m pool): 00:33.21 SB: no time
	2 5 M	5 0 M	
PB		00:32.58	
		00:32.58	
			

Coach feedback: