

PK KB LIM 26: Session: 4: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:4, starttime: 14:07

Heat: 4/9 Lane : 1 Athlete: DAS AMELIE

Q-time: 01:27:11

PB (25m pool): 01:27.11 Hannuit 28/03/2026

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.11	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:9, starttime: 14:16

Heat: 9/9 Lane : 8 Athlete: DAS LOUISE

Q-time: 01:11:07

PB (25m pool): 01:11.07 Hannuit 28/03/2026

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.07	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+

Heat:2, starttime: 14:21

Heat: 2/5 Lane : 5 Athlete: JAMAR KAMIEL

Q-time: 02:16:26

PB (25m pool): 02:16.26 Temse 17/11/2025

PB (50m pool): 02:12.96 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		00:31.01		01:06.11		01:41.96		02:16.26
	00:31.01		00:35.10		00:35.85		00:34.30	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:21	
Heat: 2/5 Lane : 7 Athlete: RUYMEN SIEBE							Q-time: 02:21:49	
PB (25m pool): 02:21.49 3500 Hasselt 23/11/2025				PB (50m pool): 02:25.56SB: 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		00:32.58		01:10.16		01:47.56		02:21.49
	00:32.58		00:37.58		00:37.40		00:33.93	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:21	
Heat: 2/5 Lane : 8 Athlete: WERY MILAN							Q-time: 02:29:28	
PB (25m pool): 02:29.28 LEUVEN 21/12/2025				PB (50m pool): 02:28.38 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		00:32.17		01:09.87		01:49.59		02:29.28
	00:32.17		00:37.70		00:39.72		00:39.69	
								

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12							Heat:1, starttime: 14:39	
Heat: 1/3 Lane : 6 Athlete: PUTTEMANS JULES							Q-time: 02:03:26	
PB (25m pool): 02:03.26 Bilzen 25/01/2026				PB (50m pool): 02:00.91 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:57.23		02:03.26				
	00:57.23		01:06.03					
								

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12							Heat:3, starttime: 14:44	
Heat: 3/3 Lane : 4 Athlete: PIRARD DRIEK						Q-time: 01:29:97		
PB (25m pool): 01:29.97 Temse 17/11/2025				PB (50m pool): 01:29.90 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.62		01:29.97				
	00:42.62		00:47.35					
								

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 5 Athlete: THYS VINCE					Q-time: 01:30:81
PB (25m pool): 01:30.81 Temse 17/11/2025					PB (50m pool): 01:27.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.09		01:30.81	
	00:43.09		00:47.72		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:52
Heat: 3/9 Lane : 2 Athlete: DAS AMELIE					Q-time: 01:28:09
PB (25m pool): 01:28.09 LEUVEN 21/12/2025					PB (50m pool): 01:21.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.50		01:28.09	
	00:43.50		00:44.59		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:06
Heat: 9/9 Lane : 1 Athlete: DAS LOUISE					Q-time: 01:11:13
PB (25m pool): 01:11.13 Temse 17/11/2025					PB (50m pool): 01:10.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.82		01:11.13	
	00:34.82		00:36.31		
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:1, starttime: 15:38
Heat: 1/6 Lane : 4 Athlete: VERSLUYS JULES					Q-time: 00:34:41
PB (25m pool): 00:34.41 Hannuit 28/03/2026					PB (50m pool): 00:32.56 SB: no time
	2 5 M	5 0 M			
PB		00:34.41			
	00:34.41				
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 15:39
Heat: 2/6 Lane : 4 Athlete: WERY MILAN			Q-time: 00:29:52
PB (25m pool): 00:29.52 Beringen 16/03/2025			PB (50m pool): 00:28.94 SB: no time
	2 5 M	5 0 M	
PB		00:29.52	
		00:29.52	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 15:40
Heat: 3/6 Lane : 4 Athlete: JAMAR KAMIEL			Q-time: 00:27:88
PB (25m pool): 00:27.88 Hannuit 28/03/2026			PB (50m pool): 00:28.81 SB: no time
	2 5 M	5 0 M	
PB		00:27.88	
		00:27.88	
			

Coach feedback: