

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 08:00 until 08:50. 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: 17: 50M BUTTERFLY WOMEN 11+ Heat:7, starttime: 09:10

Heat: 7/19 Lane : 2 Athlete: DAS AMELIE Q-time: 00:38:76

PB (50m pool): 00:38.76 Genk 01/02/2026 PB (25m pool): 00:38.57 SB: 00:38.76 Genk 01/02/2026

	5 0 M	
PB	00:38.76	
	00:38.76	
	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11+ Heat:7, starttime: 09:10

Heat: 7/19 Lane : 6 Athlete: WANTEN LAURA Q-time: 00:38:72

PB (50m pool): 00:38.72 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:38.21 SB: 00:38.72 Zwembad Brigitte Becue 26/04/2026

	5 0 M	
PB	00:38.72	
	00:38.72	
	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11+ Heat:10, starttime: 09:10

Heat: 10/19 Lane : 1 Athlete: VERLINDEN ALINA Q-time: 00:36:38

PB (50m pool): 00:36.11 Antwerp 02/02/2025 PB (25m pool): 00:34.09 SB: 00:36.38 Genk 01/02/2026

	5 0 M	
PB	00:36.11	
	00:36.11	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 17: 50M BUTTERFLY WOMEN 11+		Heat:13, starttime: 09:15
Heat: 13/19 Lane : 4 Athlete: DAS LOUISE		Q-time: 00:33:28
PB (50m pool): 00:33.28 SportinGenk Park 06/04/2026		PB (25m pool): 00:31.62 SB: 00:33.28 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:33.28	
	<i>00:33.28</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 09:25
Heat: 2/19 Lane : 4 Athlete: VRANKEN IAN		Q-time: 00:49:42
PB (50m pool): 00:49.42 SportinGenk Park 06/04/2026		PB (25m pool): 00:42.53 SB: 00:49.42 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:49.42	
	<i>00:49.42</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 09:25
Heat: 2/19 Lane : 6 Athlete: DELSIENE STAN		Q-time: 00:53:57
PB (50m pool): 00:53.57 SportinGenk Park 06/04/2026		PB (25m pool): no time SB: 00:53.57 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:53.57	
	<i>00:53.57</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:3, starttime: 09:25
Heat: 3/19 Lane : 6 Athlete: VANSTRAELEN JULIAN		Q-time: 00:46:16
PB (50m pool): no time		PB (25m pool): 00:46.16 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:5, starttime: 09:30
Heat: 5/19 Lane : 6 Athlete: VERSLUYS JULES		Q-time: 00:40:53
PB (50m pool): 00:40.53 SportinGenk Park 06/04/2026		PB (25m pool): 00:38.25 SB: 00:40.53 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:40.53	
	<i>00:40.53</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:9, starttime: 09:30
Heat: 9/19 Lane : 2 Athlete: PIRARD DRIEK		Q-time: 00:35:90
PB (50m pool): 00:35.90 Antwerpen 08/03/2026		PB (25m pool): 00:35.86 SB: 00:35.90 Antwerpen 08/03/2026
	5 0 M	
PB	00:35.90	
	<i>00:35.90</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:11, starttime: 09:35
Heat: 11/19 Lane : 1 Athlete: WERY MILAN		Q-time: 00:33:25
PB (50m pool): 00:33.25 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 00:45.98 SB: 00:33.25 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:33.25	
	<i>00:33.25</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:12, starttime: 09:35
Heat: 12/19 Lane : 5 Athlete: JAMAR KAMIEL		Q-time: 00:32:22
PB (50m pool): 00:32.22 SportinGenk Park 06/04/2026		PB (25m pool): 00:31.18 SB: 00:32.22 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:32.22	
	<i>00:32.22</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:14, starttime: 09:40
Heat: 14/19 Lane : 5 Athlete: RUYMEN SIEBE		Q-time: 00:30:84
PB (50m pool): 00:30.84 Antwerpen 15/03/2026		PB (25m pool): 00:30.95 SB: 00:30.84 Antwerpen 15/03/2026
	5 0 M	
PB	00:30.84	
	<i>00:30.84</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 09:50
Heat: 4/12 Lane : 8 Athlete: DAS AMELIE		Q-time: 00:42:33
PB (50m pool): 00:42.33 SportinGenk Park 06/04/2026		PB (25m pool): 00:39.91 SB: 00:42.33 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:42.33	
	<i>00:42.33</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:7, starttime: 09:50
Heat: 7/12 Lane : 8 Athlete: WANTEN LAURA		Q-time: 00:39:42
PB (50m pool): no time		PB (25m pool): 00:39.42 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:8, starttime: 09:55
Heat: 8/12 Lane : 5 Athlete: VERLINDEN ALINA		Q-time: 00:36:45
PB (50m pool): 00:36.45 Antwerpen 15/03/2026		PB (25m pool): 00:35.58 SB: 00:36.45 Antwerpen 15/03/2026
	5 0 M	
PB	00:36.45	
	<i>00:36.45</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:11, starttime: 09:55
Heat: 11/12 Lane : 2 Athlete: DAS LOUISE		Q-time: 00:33:79
PB (50m pool): 00:33.79 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:32.39 SB: 00:33.79 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	
PB	00:33.79	
	00:33.79	
	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:4, starttime: 10:05
Heat: 4/12 Lane : 4 Athlete: VRANKEN IAN		Q-time: 00:40:39
PB (50m pool): 00:40.39 SportinGenk Park 06/04/2026 PB (25m pool): 00:41.03 SB: 00:40.39 SportinGenk Park 06/04/2026		
	5 0 M	
PB	00:40.39	
	00:40.39	
	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:5, starttime: 10:05
Heat: 5/12 Lane : 3 Athlete: VERSLUYS JULES		Q-time: 00:38:19
PB (50m pool): 00:38.19 Wezenberg 04/01/2026 PB (25m pool): 00:37.90 SB: 00:38.19 Wezenberg 04/01/2026		
	5 0 M	
PB	00:38.19	
	00:38.19	
	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:6, starttime: 10:05
Heat: 6/12 Lane : 8 Athlete: PIRARD DRIEK		Q-time: 00:37:99
PB (50m pool): 00:39.53 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:37.99 SB: no time		
	5 0 M	
PB	00:39.53	
	00:39.53	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:7, starttime: 10:05
Heat: 7/12 Lane : 7 Athlete: WERY MILAN		Q-time: 00:35:36
PB (50m pool): 00:35.36 Antwerpen 15/03/2026		PB (25m pool): no time SB: 00:35.36 Antwerpen 15/03/2026
	5 0 M	
PB	00:35.36	
	<i>00:35.36</i>	
	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:8, starttime: 10:10
Heat: 8/12 Lane : 6 Athlete: JAMAR KAMIEL		Q-time: 00:33:21
PB (50m pool): 00:33.21 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 00:32.58 SB: 00:33.21 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:33.21	
	<i>00:33.21</i>	
	

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+		Heat:2, starttime: 11:10
Heat: 2/14 Lane : 7 Athlete: VANSTRAELEN JULIAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+		Heat:3, starttime: 11:10
Heat: 3/14 Lane : 4 Athlete: DELSIENE STAN		Q-time: 00:52:05
PB (50m pool): 00:52.05 SportinGenk Park 06/04/2026		PB (25m pool): 00:52.09 SB: 00:52.05 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:52.05	
	<i>00:52.05</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 24: 50M BREASTSTROKE MEN 11+		Heat:6, starttime: 11:15
Heat: 6/14 Lane : 4 Athlete: RUYMEN SIEBE		Q-time: 00:43:15
PB (50m pool): 00:43.15 Genk 01/02/2026		PB (25m pool): 00:40.00 SB: 00:43.15 Genk 01/02/2026
	5 0 M	
PB	00:43.15	
	<i>00:43.15</i>	
	

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+		Heat:9, starttime: 11:20
Heat: 9/14 Lane : 2 Athlete: JAMAR KAMIEL		Q-time: 00:37:75
PB (50m pool): 00:37.75 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 00:35.54 SB: 00:37.75 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:37.75	
	<i>00:37.75</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:7, starttime: 11:35
Heat: 7/22 Lane : 2 Athlete: WANTEN LAURA		Q-time: 00:35:32
PB (50m pool): 00:35.32 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 00:34.93 SB: 00:35.32 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:35.32	
	<i>00:35.32</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:8, starttime: 11:35
Heat: 8/22 Lane : 2 Athlete: DAS AMELIE		Q-time: 00:34:25
PB (50m pool): 00:34.25 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 00:34.34 SB: 00:34.25 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:34.25	
	<i>00:34.25</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:13, starttime: 11:40
Heat: 13/22 Lane : 4 Athlete: VERLINDEN ALINA		Q-time: 00:31:53
PB (50m pool): 00:31.53 Antwerpen 15/03/2026		PB (25m pool): 00:31.01 SB: 00:31.53 Antwerpen 15/03/2026
	5 0 M	
PB	00:31.53	
	<i>00:31.53</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:18, starttime: 11:45
Heat: 18/22 Lane : 1 Athlete: DAS LOUISE		Q-time: 00:30:14
PB (50m pool): 00:30.14 Genk 01/02/2026		PB (25m pool): 00:29.59 SB: 00:30.14 Genk 01/02/2026
	5 0 M	
PB	00:30.14	
	<i>00:30.14</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:3, starttime: 11:55
Heat: 3/20 Lane : 4 Athlete: DELSIENE STAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:41.17 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:5, starttime: 11:55
Heat: 5/20 Lane : 4 Athlete: VANSTRAELEN JULIAN		Q-time: 00:36:29
PB (50m pool): no time		PB (25m pool): 00:36.29 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 26: 50M FREESTYLE MEN 11+		Heat:5, starttime: 11:55
Heat: 5/20 Lane : 7 Athlete: VERSLUYS JULES		Q-time: 00:40:39
PB (50m pool): 00:35.96 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.41 SB: 00:40.39 Genk 01/02/2026		
	5 0 M	
PB	00:35.96	
	<i>00:35.96</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:7, starttime: 12:00
Heat: 7/20 Lane : 8 Athlete: VRANKEN IAN		Q-time: 00:34:67
PB (50m pool): no time PB (25m pool): 00:34.67 SB: no time		
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:9, starttime: 12:00
Heat: 9/20 Lane : 2 Athlete: PIRARD DRIEK		Q-time: 00:31:95
PB (50m pool): 00:33.46 Wezenberg 05/01/2025 PB (25m pool): 00:31.95 SB: no time		
	5 0 M	
PB	00:33.46	
	<i>00:33.46</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:13, starttime: 12:05
Heat: 13/20 Lane : 5 Athlete: WERY MILAN		Q-time: 00:28:94
PB (50m pool): 00:28.94 Antwerpen 15/03/2026 PB (25m pool): 00:29.52 SB: 00:28.94 Antwerpen 15/03/2026		
	5 0 M	
PB	00:28.94	
	<i>00:28.94</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: STZC

Event number: 26: 50M FREESTYLE MEN 11+		Heat:14, starttime: 12:05
Heat: 14/20 Lane : 7 Athlete: RUYMEN SIEBE		Q-time: 00:28:71
PB (50m pool): 00:28.71 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:29.26 SB: 00:28.71 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	
PB	00:28.71	
	<i>00:28.71</i>	
	

Coach feedback: