Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Defoin Steven

Coaches: Appeltans Ruth

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

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:2, starttime: 08:39

Heat: 2/4 Lane : 3 Athlete: DAS AMELIE **Q-time: 05:42:23**

PB (25m pool): 05:42.23 3500 Hasselt 23/11/2025 **PB (50m pool):** 05:27.42 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:37.20		01:18.13		02:02.06		02:45.67
		00:37.20		*00:40.93*		*00:43.93*		*00:43.61*
	225M	250M	275M	300	325	350	375	400M
PB		03:31.68		04:17.56		05:02.35		05:42.23
		00:46.01		*00:45.88*		*00:44.79*		*00:39.88*

Coach feedback:

Event number: 2: 400M FREESTYLE MEN 11+ Heat:3, starttime: 09:14

Heat: 3/5 Lane : 4 Athlete: PIRARD DRIEK **Q-time: 05:19:16**

PB (25m pool): 05:19.16 LEUVEN 21/12/2025 **PB (50m pool):** 05:12.29 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:36.73		01:16.87		01:58.06		02:39.93
		00:36.73		*00:40.14*		*00:41.19*		*00:41.87*
	225M	250M	275M	300	325	350	375	400M
PB		03:21.23		04:02.67		04:42.98		05:19.16
		00:41.30		*00:41.44*		*00:40.31*		*00:36.18*

Coach feedback:

Event number: 2: 400M FREESTYLE MEN 11+ Heat:4, starttime: 09:21

Heat: 4/5 Lane : 3 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

	25M	50M	75M	100M	125M	150M	175M	200M
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*
	225M	250M	275M	300	325	350	375	400M
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*

Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 2: 400M FREESTYLE MEN 11+ — Heat:4, starttime: 09:21

Heat: 4/5 Lane : 6 Athlete: JAMAR KAMIEL — **Q-time: 05:05:22**

PB (25m pool): 05:30.19 3500 Hasselt 20/10/2024 **PB (50m pool):** 05:05.22 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:37.16		01:19.51		02:02.41		02:45.60
		00:37.16		*00:42.35*		*00:42.90*		*00:43.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:28.44		04:10.53		04:50.97		05:30.19
		00:42.84		*00:42.09*		*00:40.44*		*00:39.22*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 100M BACKSTROKE MIXED 10-9 — Heat:4, starttime: 09:41

Heat: 4/8 Lane : 1 Athlete: THYS LUCIE — **Q-time: 01:54:80**

PB (25m pool): 01:54.80 Lommel 22/02/2026 **PB (50m pool):** 01:48.45 **SB:** no time

	25M	50M	75M	100M	
PB		00:55.01		01:54.80	
		00:55.01		*00:59.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BACKSTROKE MIXED 10-9 — Heat:7, starttime: 09:49

Heat: 7/8 Lane : 2 Athlete: NIJSSENS ROSANNA — **Q-time: 01:35:23**

PB (25m pool): 01:35.23 Hannuit 28/03/2026 **PB (50m pool):** 01:40.05 **SB:** no time

	25M	50M	75M	100M	
PB		00:46.91		01:35.23	
		00:46.91		*00:48.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:12, starttime: 10:19

Heat: 12/12 Lane : 1 Athlete: MERGEAY OLIVIA — **Q-time: 01:14:44**

PB (25m pool): 01:13.61 Hannuit 02/03/2024 **PB (50m pool):** 01:17.54 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:13.61	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:12, starttime: 10:19

Heat: 12/12 Lane : 2 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

	25 M	50 M	75 M	100 M	
PB		00:34.82		01:11.13	
		00:34.82		*00:36.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 10:24

Heat: 2/8 Lane : 3 Athlete: DELSIENE STAN — **Q-time: 01:48:02**

PB (25m pool): no time **PB (50m pool):** 01:48.02 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 10:24

Heat: 2/8 Lane : 4 Athlete: PUTTEMANS JULES — **Q-time: 01:51:83**

PB (25m pool): 01:51.83 Lommel 22/02/2026 **PB (50m pool):** 01:50.69 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.08		01:51.83	
		00:33.08		*01:18.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:4, starttime: 10:29

Heat: 4/8 Lane : 6 Athlete: VRANKEN IAN — **Q-time: 01:35:47**

PB (25m pool): 01:35.47 Lommel 22/02/2026 **PB (50m pool):** 01:33.34 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.21		01:35.47	
		00:47.21		*00:48.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:6, starttime: 10:34

Heat: 6/8 Lane : 4 Athlete: VERSLUYS JULES — **Q-time: 01:22:81**

PB (25m pool): 01:44.64 Bree 18/02/2024 **PB (50m pool):** 01:22.81 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:44.64	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+ — Heat:4, starttime: 10:47

Heat: 4/5 Lane : 6 Athlete: VERLINDEN ALINA — **Q-time: 01:24:55**

PB (25m pool): 01:24.55 LEUVEN 21/12/2025 **PB (50m pool):** 01:22.64 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.32		01:24.55	
		00:39.32		*00:45.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 10:53

Heat: 2/4 Lane : 3 Athlete: THYS VINCE — **Q-time: 01:22:87**

PB (25m pool): 01:22.87 Hasselt 12/10/2025 **PB (50m pool):** 01:19.29 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.30		01:22.87	
		00:39.30		*00:43.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 7: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 10:57

Heat: 4/4 Lane : 6 Athlete: RUYMEN SIEBE — **Q-time: 01:10:14**

PB (25m pool): 01:10.14 Beringen 08/02/2026 **PB (50m pool):** 01:06.32 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.09		01:10.14	
		00:31.09		*00:39.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9 — Heat:3, starttime: 11:15

Heat: 3/8 Lane : 2 Athlete: NIJSSENS ROSANNA — **Q-time: 02:01:91**

PB (25m pool): 02:01.91 Bilzen 25/01/2026 **PB (50m pool):** 01:57.55 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:59.03		02:01.91	
		00:59.03		*01:02.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9 — Heat:4, starttime: 11:18

Heat: 4/8 Lane : 2 Athlete: THYS LUCIE — **Q-time: 01:59:02**

PB (25m pool): 01:59.02 Hannuit 28/03/2026 **PB (50m pool):** 02:00.60 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:57.40		01:59.02	
		00:57.40		*01:01.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 11:33

Heat: 2/12 Lane : 3 Athlete: WANTEN LAURA — **Q-time: 02:00:14**

PB (25m pool): no time **PB (50m pool):** 02:00.14 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 11:40

Heat: 5/12 Lane : 6 Athlete: DAS AMELIE — **Q-time: 01:47:35**

PB (25m pool): no time **PB (50m pool):** 01:47.35 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:6, starttime: 12:10

Heat: 6/8 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

	25 M	50 M	75 M	100 M	
PB		00:42.62		01:29.97	
		00:42.62		*00:47.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:7, starttime: 12:12

Heat: 7/8 Lane : 2 Athlete: JAMAR KAMIEL — **Q-time: 01:20:22**

PB (25m pool): 01:20.22 Temse 17/11/2025 **PB (50m pool):** 01:20.10 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.86		01:20.22	
		00:37.86		*00:42.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 4x50M FREESTYLE WOMEN 11+ — Heat:2, starttime: 12:20

Heat: 2/2 Lane : 5 Athlete: TEAM STZC 1 — **Q-time: 02:04:77**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100	125	150	175	200 M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Bokkerijder 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 12: 4x50M FREESTYLE MEN 11+ **Heat:2, starttime: 12:26**

Heat: 2/2 Lane : 1 Athlete: TEAM STZC 3 **Q-time: 02:41:73**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 4x50M FREESTYLE MEN 11+ **Heat:2, starttime: 12:26**

Heat: 2/2 Lane : 2 Athlete: TEAM STZC 2 **Q-time: 01:58:77**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: