Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 13: 100M MEDLEY MIXED 10-9 — Heat:3, starttime: 14:05

Heat: 3/5 Lane : 1 Athlete: THYS LUCIE — **Q-time: 01:51:08**

PB (25m pool): 01:51.08 Hannuit 28/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:51.08	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MIXED 10-9 — Heat:3, starttime: 14:05

Heat: 3/5 Lane : 4 Athlete: NIJSSENS ROSANNA — **Q-time: 01:46:13**

PB (25m pool): 01:46.13 Beringen 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:46.13	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+ — Heat:5, starttime: 14:29

Heat: 5/13 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

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.70		no time		no time		03:15.85
		00:39.70						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 14: 200M MEDLEY WOMEN 11+ — Heat:6, starttime: 14:33

Heat: 6/13 Lane : 2 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

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

Event number: 14: 200M MEDLEY WOMEN 11+ — Heat:9, starttime: 14:44

Heat: 9/13 Lane : 1 Athlete: VERLINDEN ALINA — **Q-time: 02:57:89**

PB (25m pool): 02:57.89 Pelt 05/10/2025 — **PB (50m pool):** 02:59.88 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.11		no time		no time		02:57.89
		00:37.11						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+ — Heat:11, starttime: 14:51

Heat: 11/13 Lane : 4 Athlete: MERGEAY OLIVIA — **Q-time: 02:44:60**

PB (25m pool): 02:44.60 Pelt 05/10/2025 — **PB (50m pool):** 02:49.27 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.06		no time		no time		02:44.60
		00:35.06						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+ — Heat:13, starttime: 14:57

Heat: 13/13 Lane : 1 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

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

Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 15: 200M MEDLEY MEN 11+ — Heat:5, starttime: 15:18

Heat: 5/10 Lane : 5 Athlete: VERSLUYS JULES — **Q-time: 03:05:33**

PB (25m pool): 03:05.33 Pelt 05/10/2025 — **PB (50m pool):** 03:08.08 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.99		no time		no time		03:05.33
		00:43.99						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 15: 200M MEDLEY MEN 11+ — Heat:7, starttime: 15:25

Heat: 7/10 Lane : 4 Athlete: RUYMEN SIEBE — **Q-time: 02:41:87**

PB (25m pool): 02:41.87 Hasselt 12/10/2025 — **PB (50m pool):** 02:33.40 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.51		01:15.40		02:06.59		02:41.87
		00:33.51		*00:41.89*		*00:51.19*		*00:35.28*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 15: 200M MEDLEY MEN 11+ — Heat:7, starttime: 15:25

Heat: 7/10 Lane : 5 Athlete: THYS VINCE — **Q-time: 02:49:24**

PB (25m pool): 02:49.24 LEUVEN 21/12/2025 — **PB (50m pool):** 02:45.22 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.54		01:22.89		02:12.35		02:49.24
		00:39.54		*00:43.35*		*00:49.46*		*00:36.89*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 15: 200M MEDLEY MEN 11+ — Heat:7, starttime: 15:25

Heat: 7/10 Lane : 6 Athlete: PIRARD DRIEK — **Q-time: 02:53:48**

PB (25m pool): 02:53.48 LEUVEN 21/12/2025 — **PB (50m pool):** 02:51.05 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.24		01:25.01		02:15.74		02:53.48
		00:40.24		*00:44.77*		*00:50.73*		*00:37.74*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 15: 200M MEDLEY MEN 11+ — Heat:8, starttime: 15:28

Heat: 8/10 Lane : 3 Athlete: JAMAR KAMIEL — **Q-time: 02:35:40**

PB (25m pool): 02:35.40 LEUVEN 21/12/2025 **PB (50m pool):** 02:29.96 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.59		01:14.39		02:00.36		02:35.40
		00:34.59		*00:39.80*		*00:45.97*		*00:35.04*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+ — Heat:1, starttime: 15:53

Heat: 1/4 Lane : 3 Athlete: PUTTEMANS JULES — **Q-time: 99:99:99**

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

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+ — Heat:1, starttime: 15:53

Heat: 1/4 Lane : 4 Athlete: DELSIENE STAN — **Q-time: 99:99:99**

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

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+ — Heat:3, starttime: 16:01

Heat: 3/4 Lane : 6 Athlete: VRANKEN IAN — **Q-time: 03:07:39**

PB (25m pool): 03:07.39 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.84		01:32.67		no time		03:07.39
		00:41.84		*00:50.83*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 18: 100M FREESTYLE MIXED 10-9 — Heat:2, starttime: 16:25

Heat: 2/6 Lane : 5 Athlete: THYS LUCIE — **Q-time: 01:48:66**

PB (25m pool): 01:48.66 Beringen 08/02/2026 **PB (50m pool):** 01:42.71 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.67		01:48.66	
		00:50.67		*00:57.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE MIXED 10-9 — Heat:5, starttime: 16:32

Heat: 5/6 Lane : 1 Athlete: NIJSSENS ROSANNA — **Q-time: 01:27:43**

PB (25m pool): 01:27.43 Hannuit 28/03/2026 **PB (50m pool):** 01:32.04 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.26		01:27.43	
		00:42.26		*00:45.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 16:46

Heat: 6/15 Lane : 6 Athlete: WANTEN LAURA — **Q-time: 01:17:86**

PB (25m pool): no time **PB (50m pool):** 01:17.86 **SB:** no time

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

Coach feedback:

Event number: 19: 100M FREESTYLE WOMEN 11+ — Heat:11, starttime: 16:55

Heat: 11/15 Lane : 3 Athlete: VERLINDEN ALINA — **Q-time: 01:09:29**

PB (25m pool): 01:09.29 Hasselt 04/05/2025 **PB (50m pool):** 01:10.05 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.76		01:09.29	
		00:32.76		*00:36.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 19: 100M FREESTYLE WOMEN 11+ — **Heat:14, starttime: 17:00**

Heat: 14/15 Lane : 2 Athlete: DAS LOUISE — **Q-time: 01:04:63**

PB (25m pool): 01:04.63 Hasselt 12/10/2025 **PB (50m pool):** 01:04.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.11		01:04.63	
		00:31.11		*00:33.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M FREESTYLE WOMEN 11+ — **Heat:14, starttime: 17:00**

Heat: 14/15 Lane : 5 Athlete: MERGEAY OLIVIA — **Q-time: 01:04:71**

PB (25m pool): 01:04.60 LEUVEN 05/05/2024 **PB (50m pool):** 01:05.04 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:04.60	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+ — **Heat:1, starttime: 17:04**

Heat: 1/12 Lane : 3 Athlete: PUTTEMANS JULES — **Q-time: 01:51:37**

PB (25m pool): no time **PB (50m pool):** 01:51.37 **SB:** no time

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

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+ — **Heat:3, starttime: 17:08**

Heat: 3/12 Lane : 2 Athlete: DELSIENE STAN — **Q-time: 01:30:81**

PB (25m pool): no time **PB (50m pool):** 01:30.81 **SB:** no time

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

Coach feedback:

Bokkerijder 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 20: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 17:12

Heat: 5/12 Lane : 4 Athlete: VERSLUYS JULES — **Q-time: 01:17:74**

PB (25m pool): 01:17.74 Pelt 05/10/2025 **PB (50m pool):** 01:13.28 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.69		01:17.74	
		00:38.69		*00:39.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 17:14

Heat: 6/12 Lane : 3 Athlete: VRANKEN IAN — **Q-time: 01:14:18**

PB (25m pool): no time **PB (50m pool):** 01:14.18 **SB:** no time

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

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 17:18

Heat: 8/12 Lane : 4 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

	25 M	50 M	75 M	100 M	
PB		00:32.26		01:07.62	
		00:32.26		*00:35.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 17:19

Heat: 9/12 Lane : 4 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

	25 M	50 M	75 M	100 M	
PB		00:30.61		01:03.05	
		00:30.61		*00:32.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: