Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 07:30 untill 08:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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

Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 08:34

Heat: 2/3 Lane : 3 Athlete: NEVEN MORRIS — **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: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:12, starttime: 09:32

Heat: 12/13 Lane : 2 Athlete: DAS LOUISE — **Q-time: 02:59:11**

PB (25m pool): 02:59.11 Hasselt 12/10/2025 **PB (50m pool):** 02:59.04 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.17		01:26.91		02:13.57		02:59.11
	00:41.17		*00:45.74*		*00:46.66*		*00:45.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:2, starttime: 09:45

Heat: 2/9 Lane : 2 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:

Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:2, starttime: 09:45

Heat: 2/9 Lane : 7 Athlete: WERY MILAN — **Q-time: 99:99:99**

PB (25m pool): 03:18.76 3500 Hasselt 24/11/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.18		01:35.74		02:27.27		03:18.76
		00:44.18		*00:51.56*		*00:51.53*		*00:51.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:3, starttime: 09:50

Heat: 3/9 Lane : 4 Athlete: THYS VINCE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:6, starttime: 10:05

Heat: 6/9 Lane : 1 Athlete: VERSLUYS JULES — **Q-time: 03:19:20**

PB (25m pool): 03:19.20 3500 Hasselt 23/11/2025 **PB (50m pool):** 03:25.86 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.49		01:37.67		02:29.87		03:19.20
		00:46.49		*00:51.18*		*00:52.20*		*00:49.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:6, starttime: 10:05

Heat: 6/9 Lane : 2 Athlete: PIRARD DRIEK — **Q-time: 03:12:88**

PB (25m pool): 03:12.88 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.64		01:34.13		02:25.39		03:12.88
		00:44.64		*00:49.49*		*00:51.26*		*00:47.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:6, starttime: 10:05

Heat: 6/9 Lane : 4 Athlete: RUYMEN SIEBE — **Q-time: 03:02:26**

PB (25m pool): 03:02.26 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.59		01:28.64		02:15.20		03:02.26
		00:41.59		*00:47.05*		*00:46.56*		*00:47.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:7, starttime: 10:09

Heat: 7/9 Lane : 7 Athlete: JAMAR KAMIEL — **Q-time: 02:58:53**

PB (25m pool): 02:58.53 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.88		01:26.24		02:13.28		02:58.53
		00:39.88		*00:46.36*		*00:47.04*		*00:45.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:4, starttime: 11:07

Heat: 4/12 Lane : 2 Athlete: DAS AMELIE — **Q-time: 03:10:05**

PB (25m pool): 03:00.26 Hasselt 04/10/2026 **PB (50m pool):** 03:04.07 **SB:** 03:00.26 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.28		01:21.88		02:18.47		03:00.26
		00:37.28		*00:44.60*		*00:56.59*		*00:41.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 11:38

Heat: 1/8 Lane : 1 Athlete: VRANKEN IAN — **Q-time: 99:99:99**

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

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

Coach feedback:

Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 11:38

Heat: 1/8 Lane : 8 Athlete: DELSIENE STAN — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 11:43

Heat: 2/8 Lane : 6 Athlete: GUILLIAMS REMKO — **Q-time: 03:12:06**

PB (25m pool): 03:12.06 Bree 16/02/2025 **PB (50m pool):** 03:04.77 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.71		no time		no time		03:12.06
		00:41.71						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 11:47

Heat: 3/8 Lane : 3 Athlete: THYS VINCE — **Q-time: 02:49:24**

PB (25m pool): 02:40.77 Hasselt 04/10/2026 **PB (50m pool):** 02:45.22 **SB:** 02:40.77 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.49		01:17.39		02:05.15		02:40.77
		00:35.49		*00:41.90*		*00:47.76*		*00:35.62*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: