Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 7: 200M FREESTYLE WOMEN 11+ Heat:4, starttime: 14:13

Heat: 4/12 Lane : 4 Athlete: DAS AMELIE **Q-time: 02:58:88**

PB (25m pool): no time **PB (50m pool):** 02:58.88 **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: 8: 200M FREESTYLE MEN 11+ Heat:6, starttime: 15:01

Heat: 6/11 Lane : 1 Athlete: GUILLIAMS REMKO **Q-time: 02:37:47**

PB (25m pool): 02:37.47 Hasselt 12/10/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.54		01:17.96		01:53.95		02:37.47
	00:36.54		*00:41.42*		*00:35.99*		*00:43.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:6, starttime: 15:01

Heat: 6/11 Lane : 5 Athlete: WERY MILAN **Q-time: 02:29:28**

PB (25m pool): 02:26.75 Hasselt 04/10/2026 **PB (50m pool):** 02:28.38 **SB:** 02:26.75 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.42		01:09.05		01:48.56		02:26.75
	00:32.42		*00:36.63*		*00:39.51*		*00:38.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:7, starttime: 15:04

Heat: 7/11 Lane : 4 Athlete: RUYMEN SIEBE — **Q-time: 02:21:49**

PB (25m pool): 02:13.23 Hasselt 04/10/2026 **PB (50m pool):** 02:25.56 **SB:** 02:13.23 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.45		01:02.81		01:38.74		02:13.23
		00:29.45		*00:33.36*		*00:35.93*		*00:34.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 15:36

Heat: 3/3 Lane : 1 Athlete: DAS LOUISE — **Q-time: 02:54:93**

PB (25m pool): 02:54.93 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.23		01:20.85		02:08.44		02:54.93
		00:36.23		*00:44.62*		*00:47.59*		*00:46.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M BUTTERFLY MEN 11+ — Heat:1, starttime: 15:40

Heat: 1/2 Lane : 6 Athlete: JAMAR KAMIEL — **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: 10: 200M BUTTERFLY MEN 11+ — Heat:2, starttime: 15:44

Heat: 2/2 Lane : 8 Athlete: PIRARD DRIEK — **Q-time: 03:10:86**

PB (25m pool): 03:10.86 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.52		01:28.25		02:20.22		03:10.86
		00:39.52		*00:48.73*		*00:51.97*		*00:50.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:2, starttime: 16:27

Heat: 2/8 Lane : 2 Athlete: PUTTEMANS JULES — **Q-time: 03:50:23**

PB (25m pool): 03:50.23 **Beringen 08/02/2026** **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:53.06		01:52.65		no time		03:50.23
		00:53.06		*00:59.59*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:2, starttime: 16:27

Heat: 2/8 Lane : 3 Athlete: VRANKEN IAN — **Q-time: 03:33:80**

PB (25m pool): 03:33.80 **Beringen 08/02/2026** **PB (50m pool):** 03:21.04 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:51.02		01:46.44		no time		03:33.80
		00:51.02		*00:55.42*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:2, starttime: 16:27

Heat: 2/8 Lane : 6 Athlete: DELSIENE STAN — **Q-time: 03:49:37**

PB (25m pool): 03:49.37 **Beringen 08/02/2026** **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:54.82		01:53.28		no time		03:49.37
		00:54.82		*00:58.46*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:3, starttime: 16:32

Heat: 3/8 Lane : 1 Athlete: VERSLUYS JULES — **Q-time: 03:16:34**

PB (25m pool): 03:16.34 **Hasselt 04/05/2025** **PB (50m pool):** 02:56.39 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.00		01:37.81		02:30.07		03:16.34
		00:45.00		*00:52.81*		*00:52.26*		*00:46.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 12: 200M BACKSTROKE MEN 11+ **Heat:5, starttime: 16:40**

Heat: 5/8 Lane : 7 Athlete: RUYMEN SIEBE **Q-time: 02:37:29**

PB (25m pool): 02:37.29 Hasselt 12/10/2025 **PB (50m pool):** 03:02.09 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.65		01:17.28		01:58.18		02:37.29
		00:36.65		*00:40.63*		*00:40.90*		*00:39.11*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: