Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 08:00 untill 08:55. 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: 1: 100M BREASTSTROKE MEN 11-14 — Heat:1, starttime: 09:00

Heat: 1/4 Lane : 2 Athlete: VRANKEN IAN — **Q-time: 99:99:99**

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

	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:2, starttime: 09:03

Heat: 2/4 Lane : 3 Athlete: DELSIENE STAN — **Q-time: 01:53:22**

PB (50m pool): 01:53.22 Mol 28/06/2026 **PB (25m pool):** no time **SB:** no time

	5 0 M	1 0 0 M	
PB	00:54.66	01:53.22	
	00:54.66	*00:58.56*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:2, starttime: 09:03

Heat: 2/4 Lane : 7 Athlete: PUTTEMANS JULES — **Q-time: 02:00:91**

PB (50m pool): 02:00.91 Antwerpen 12/07/2026 **PB (25m pool):** 01:55.74 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:57.41	02:00.91	
	00:57.41	*01:03.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:4, starttime: 09:08

Heat: 4/4 Lane : 7 Athlete: VERSLUYS JULES — **Q-time: 01:33:51**

PB (50m pool): 01:33.51 Wezenberg 04/01/2026 **PB (25m pool):** no time **SB:** no time

	50 M	100 M	
PB	00:45.45	01:33.51	
	00:45.45	*00:48.06*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-14 — Heat:1, starttime: 09:37

Heat: 1/3 Lane : 3 Athlete: DELSIENE STAN — **Q-time: 01:48:02**

PB (50m pool): 01:48.02 SportinGenk Park 24/05/2026 **PB (25m pool):** 01:48.04 **SB:** no time

	50 M	100 M	
PB	00:51.56	01:48.02	
	00:51.56	*00:56.46*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-14 — Heat:1, starttime: 09:37

Heat: 1/3 Lane : 6 Athlete: PUTTEMANS JULES — **Q-time: 01:50:69**

PB (50m pool): 01:50.69 Antwerpen 12/07/2026 **PB (25m pool):** 01:51.64 **SB:** no time

	50 M	100 M	
PB	00:53.91	01:50.69	
	00:53.91	*00:56.78*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-14 — Heat:2, starttime: 09:40

Heat: 2/3 Lane : 2 Athlete: VRANKEN IAN — **Q-time: 01:33:34**

PB (50m pool): 01:33.34 Antwerpen 12/07/2026 **PB (25m pool):** 01:29.11 **SB:** no time

	50 M	100 M	
PB	00:46.35	01:33.34	
	00:46.35	*00:46.99*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 4: 100M BACKSTROKE MEN 11-14 — Heat:3, starttime: 09:43

Heat: 3/3 Lane : 3 Athlete: VERSLUYS JULES — **Q-time: 01:22:81**

PB (50m pool): 01:22.81 Antwerpen 12/07/2026 **PB (25m pool):** 01:16.88 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:40.73	01:22.81	
	00:40.73	*00:42.08*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY MIXED 10-9 — Heat:1, starttime: 10:05

Heat: 1/3 Lane : 3 Athlete: NEVEN MORRIS — **Q-time: 99:99:99**

PB (50m pool): no time **PB (25m pool):** 00:48.98 **SB:** no time

	5 0 M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY MIXED 10-9 — Heat:1, starttime: 10:05

Heat: 1/3 Lane : 4 Athlete: NIJSSENS ROSANNA — **Q-time: 99:99:99**

PB (50m pool): no time **PB (25m pool):** 00:54.58 **SB:** no time

	5 0 M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY MIXED 10-9 — Heat:2, starttime: 10:06

Heat: 2/3 Lane : 1 Athlete: THYS LUCIE — **Q-time: 99:99:99**

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

	5 0 M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:4, starttime: 10:53

Heat: 4/7 Lane : 7 Athlete: THYS LUCIE — **Q-time: 01:42:71**

PB (50m pool): 01:42.71 SportinGenk Park 24/05/2026 **PB (25m pool):** 01:33.25 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:49.86	01:42.71	
	00:49.86	*00:52.85*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:6, starttime: 10:58

Heat: 6/7 Lane : 1 Athlete: NIJSSENS ROSANNA — **Q-time: 01:32:04**

PB (50m pool): 01:32.04 SportinGenk Park 24/05/2026 **PB (25m pool):** 01:27.29 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:43.81	01:32.04	
	00:43.81	*00:48.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:7, starttime: 11:00

Heat: 7/7 Lane : 8 Athlete: NEVEN MORRIS — **Q-time: 01:28:34**

PB (50m pool): 01:28.34 SportinGenk Park 24/05/2026 **PB (25m pool):** 01:29.91 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:40.75	01:28.34	
	00:40.75	*00:47.59*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:1, starttime: 11:02

Heat: 1/4 Lane : 4 Athlete: PUTTEMANS JULES — **Q-time: 01:51:37**

PB (50m pool): 01:51.37 Antwerpen 12/07/2026 **PB (25m pool):** 01:43.89 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:51.55	01:51.37	
	00:51.55	*00:59.82*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: STZC

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:2, starttime: 11:05

Heat: 2/4 Lane : 6 Athlete: DELSIENE STAN — **Q-time: 01:30:81**

PB (50m pool): 01:30.81 Mol 28/06/2026 **PB (25m pool):** 01:30.88 **SB:** no time

	50 M	100 M	
PB	00:43.75	01:30.81	
	00:43.75	*00:47.06*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:3, starttime: 11:07

Heat: 3/4 Lane : 4 Athlete: VRANKEN IAN — **Q-time: 01:14:18**

PB (50m pool): 01:14.18 Antwerpen 12/07/2026 **PB (25m pool):** 01:16.42 **SB:** no time

	50 M	100 M	
PB	00:35.77	01:14.18	
	00:35.77	*00:38.41*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:4, starttime: 11:09

Heat: 4/4 Lane : 8 Athlete: VERSLUYS JULES — **Q-time: 01:13:28**

PB (50m pool): 01:13.28 Wezenberg 04/01/2026 **PB (25m pool):** 01:08.85 **SB:** no time

	50 M	100 M	
PB	00:35.99	01:13.28	
	00:35.99	*00:37.29*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: