

CB-BK WE1 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 12:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Appeltans Ruth

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14							Heat:7, starttime: 15:08	
Heat: 7/8 Lane : 7 Athlete: DAS LOUISE							Q-time: 05:36:51	
PB (50m pool): 05:36.51 SportinGenk Park 24/05/2026			PB (25m pool): no time SB: 05:36.51 SportinGenk Park 24/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.33	01:18.92	02:03.00	02:45.08	03:32.99	04:22.60	04:59.46	05:36.51
	00:36.33	00:42.59	00:44.08	00:42.08	00:47.91	00:49.61	00:36.86	00:37.05
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14							Heat:5, starttime: 15:33	
Heat: 5/8 Lane : 5 Athlete: JAMAR KAMIEL							Q-time: 02:16:26	
PB (50m pool): 02:18.76 Antwerpen 08/03/2026				PB (25m pool): 02:16.26SB: 02:18.76 Antwerpen 08/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:31.76	01:07.25	01:43.99	02:18.76				
	00:31.76	00:35.49	00:36.74	00:34.77				
								

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12										Heat:5, starttime: 15:54	
Heat: 5/18 Lane : 5 Athlete: DAS AMELIE										Q-time: 01:37:83	
PB (50m pool): 01:28.44 Mol 28/06/2026					PB (25m pool): 01:37.77 SB: 01:28.44 Mol 28/06/2026						
	5 0 M		1 0 0 M								
PB	00:38.47		01:28.44								
	00:38.47		00:49.97								
											

Coach feedback:

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Event number: 12: 400M FREESTYLE MEN 11-12							Heat:8, starttime: 17:04	
Heat: 8/12 Lane : 4 Athlete: PIRARD DRIEK							Q-time: 05:18:28	
PB (50m pool): 05:18.28 SportinGenk Park 24/05/2026				PB (25m pool): 05:19.16SB: 05:18.28 SportinGenk Park 24/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.16	01:16.66	01:58.12	02:39.58	03:20.34	04:01.29	04:40.42	05:18.28
	00:36.16	00:40.50	00:41.46	00:41.46	00:40.76	00:40.95	00:39.13	00:37.86
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:10, starttime: 17:16	
Heat: 10/12 Lane : 8 Athlete: THYS VINCE							Q-time: 05:15:99	
PB (50m pool): 05:15.99 SportinGenk Park 24/05/2026				PB (25m pool): 05:20.85SB: 05:15.99 SportinGenk Park 24/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.16	01:16.15	01:57.33	02:38.24	03:18.82	03:59.57	04:39.44	05:15.99
	00:35.16	00:40.99	00:41.18	00:40.91	00:40.58	00:40.75	00:39.87	00:36.55
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:14, starttime: 18:03	
Heat: 14/15 Lane : 7 Athlete: DAS LOUISE							Q-time: 01:11:71	
PB (50m pool): 01:11.28 Mol 28/06/2026				PB (25m pool): 01:11.13SB: 01:11.28 Mol 28/06/2026				
	5 0 M	1 0 0 M						
PB	00:34.91	01:11.28						
	00:34.91	00:36.37						
								

Coach feedback: