

Pepermans 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

PB => Personal Best time

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

Event number: 21: 100M BUTTERFLY WOMEN 15-16			Heat:1, starttime: 14:00
Heat: 1/4 Lane : 4 Athlete: VERLINDEN ALINA			Q-time: 01:24:71
PB (50m pool): 01:48.83 Zwembad Brigitte Becue Oostend 27/05/2025 PB (25m pool): 01:24.55 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:48.83	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:2, starttime: 14:10
Heat: 2/7 Lane : 8 Athlete: RUYMEN SIEBE			Q-time: 01:19:31
PB (50m pool): 01:19.31 SportinGenk Park 21/04/2025 PB (25m pool): 01:13.26 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.91	01:19.31	
	00:38.91	00:40.40	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:6, starttime: 14:18
Heat: 6/7 Lane : 2 Athlete: VANDEPOEL QUINTEN			Q-time: 01:08:68
PB (50m pool): 01:08.68 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:05.78 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.20	01:08.68	
	00:33.20	00:35.48	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 17+			Heat:3, starttime: 14:26
Heat: 3/3 Lane : 8 Athlete: MERGEAY OLIVIA			Q-time: 01:14:44
PB (50m pool): 01:17.95 Antwerpen 28/07/2024			PB (25m pool): 01:13.61 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:17.95	
	no time		
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 15-16			Heat:2, starttime: 14:38
Heat: 2/3 Lane : 1 Athlete: WERY MILAN			Q-time: 00:30:10
PB (50m pool): 00:30.10 Mol 22/06/2025			PB (25m pool): 00:29.52 SB: no time
	5 0 M		
PB	00:30.10		
	00:30.10		
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 15-16			Heat:2, starttime: 14:42
Heat: 2/8 Lane : 3 Athlete: VERLINDEN ALINA			Q-time: 01:12:23
PB (50m pool): 01:12.23 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:09.29 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.46	01:12.23	
	00:34.46	00:37.77	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 15-16			Heat:2, starttime: 14:55
Heat: 2/8 Lane : 3 Athlete: RUYMEN SIEBE			Q-time: 01:07:81
PB (50m pool): 01:07.81 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:06.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.46	01:07.81	
	00:32.46	00:35.35	
			

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 15-16			Heat:7, starttime: 15:03
Heat: 7/8 Lane : 7 Athlete: VANDEPOEL QUINTEN			Q-time: 00:59:10
PB (50m pool): 00:59.10 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:57.91 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.09	00:59.10	
	00:29.09	00:30.01	
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:3, starttime: 15:09
Heat: 3/6 Lane : 4 Athlete: MERGEAY OLIVIA			Q-time: 00:41:82
PB (50m pool): 00:41.82 Wezenberg 05/01/2025 PB (25m pool): 00:40.07 SB: no time			
	5 0 M		
PB	00:41.82		
	00:41.82		
			

Coach feedback: