

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 1: 50M BACKSTROKE WOMEN 11-12		Heat:1, starttime: 09:00
Heat: 1/3 Lane : 5 Athlete: DAS AMELIE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:45.36 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-12		Heat:3, starttime: 09:07
Heat: 3/3 Lane : 6 Athlete: PIRARD DRIEK		Q-time: 00:44:76
PB (50m pool): 00:44.76 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:43.11 SB: no time
	5 0 M	
PB	00:44.76	
	00:44.76	
		

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 13-14		Heat:2, starttime: 09:17
Heat: 2/2 Lane : 2 Athlete: GUILLIAMS REMKO		Q-time: 00:33:64
PB (50m pool): 00:33.64 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:38.37 SB: no time
	5 0 M	
PB	00:33.64	
	00:33.64	
		

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 09:40
Heat: 4/4 Lane : 2 Athlete: THYS VINCE			Q-time: 01:34:05
PB (50m pool): 01:34.05 Antwerpen 20/07/2025			PB (25m pool): 01:30.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.79	01:34.05	
	00:44.79	00:49.26	
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 09:48
Heat: 4/4 Lane : 1 Athlete: DAS LOUISE			Q-time: 01:19:02
PB (50m pool): 01:19.02 Antwerpen 20/07/2025			PB (25m pool): 01:31.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.93	01:19.02	
	00:36.93	00:42.09	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:2, starttime: 09:52
Heat: 2/9 Lane : 5 Athlete: VERSLUYS JULES			Q-time: 01:18:93
PB (50m pool): 01:18.93 Antwerpen 13/07/2025			PB (25m pool): 01:17.74 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.33	01:18.93	
	00:37.33	00:41.60	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:8, starttime: 10:03
Heat: 8/9 Lane : 3 Athlete: JAMAR KAMIEL			Q-time: 01:06:01
PB (50m pool): 01:06.01 Mol 22/06/2025			PB (25m pool): 01:03.05 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.49	01:06.01	
	00:31.49	00:34.52	
			

Coach feedback:

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Event number: 9: 50M BREASTSTROKE WOMEN 11-12		Heat:2, starttime: 10:07
Heat: 2/4 Lane : 4 Athlete: DAS AMELIE		Q-time: 00:58:63
PB (50m pool): 00:58.63 Mol 22/06/2025 PB (25m pool): 00:57.03 SB: no time		
	5 0 M	
PB	00:58.63	
	00:58.63	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11-12		Heat:5, starttime: 10:17
Heat: 5/5 Lane : 1 Athlete: PIRARD DRIEK		Q-time: 00:38:88
PB (50m pool): 00:38.88 Mol 22/06/2025 PB (25m pool): 00:36.46 SB: no time		
	5 0 M	
PB	00:38.88	
	00:38.88	
		

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 13-14		Heat:2, starttime: 10:22
Heat: 2/3 Lane : 4 Athlete: VERSLUYS JULES		Q-time: 00:41:04
PB (50m pool): 00:41.04 SportinGenk Park 21/04/2025 PB (25m pool): 00:43.40 SB: no time		
	5 0 M	
PB	00:41.04	
	00:41.04	
		

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 13-14		Heat:3, starttime: 10:23
Heat: 3/3 Lane : 5 Athlete: JAMAR KAMIEL		Q-time: 00:36:54
PB (50m pool): 00:36.54 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.89 SB: no time		
	5 0 M	
PB	00:36.54	
	00:36.54	
		

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 11-12			Heat:2, starttime: 10:51
Heat: 2/2 Lane : 5 Athlete: THYS VINCE			Q-time: 01:24:72
PB (50m pool): 01:24.72 Antwerpen 20/07/2025			PB (25m pool): 01:22.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.29	01:24.72	
	00:40.29	00:44.43	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:8, starttime: 11:05
Heat: 8/9 Lane : 6 Athlete: DAS LOUISE			Q-time: 01:05:76
PB (50m pool): 01:05.76 Antwerpen 20/07/2025			PB (25m pool): 01:04.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.91	01:05.76	
	00:31.91	00:33.85	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:3, starttime: 11:14
Heat: 3/8 Lane : 1 Athlete: GUILLIAMS REMKO			Q-time: 01:28:43
PB (50m pool): 01:28.43 SportinGenk Park 11/11/2025			PB (25m pool): 01:27.16 SB: 01:28.43 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:28.43	
	no time		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:6, starttime: 11:33
Heat: 6/8 Lane : 3 Athlete: DAS AMELIE			Q-time: 00:41:17
PB (50m pool): 00:41.17 SportinGenk Park 11/11/2025			PB (25m pool): 00:47.04 SB: 00:41.17 SportinGenk Park 11/11/2025
	5 0 M		
PB	00:41.17		
	00:41.17		
			

Coach feedback: