

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 22: 100M BACKSTROKE MEN 11-12			Heat:4, starttime: 14:12
Heat: 4/5 Lane : 5 Athlete: PIRARD DRIEK			Q-time: 01:25:00
PB (50m pool): 01:25.00 Antwerpen 20/07/2025			PB (25m pool): 01:20.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.38	01:25.00	
	00:42.38	00:42.62	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11-12			Heat:5, starttime: 14:14
Heat: 5/5 Lane : 8 Athlete: THYS VINCE			Q-time: 01:24:52
PB (50m pool): 01:24.52 Antwerpen 20/07/2025			PB (25m pool): 01:19.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.56	01:24.52	
	00:41.56	00:42.96	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:7, starttime: 14:30
Heat: 7/8 Lane : 4 Athlete: DAS LOUISE			Q-time: 01:14:17
PB (50m pool): 01:14.17 Antwerpen 20/07/2025			PB (25m pool): 01:11.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.67	01:14.17	
	00:35.67	00:38.50	
			

Coach feedback:

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Event number: 24: 100M BREASTSTROKE MEN 13-14			Heat:2, starttime: 14:36
Heat: 2/9 Lane : 2 Athlete: GUILLIAMS REMKO			Q-time: 01:51:18
PB (50m pool): 01:51.18 Mol 22/06/2025			PB (25m pool): 01:55.79 SB: no time
	5 0 M	1 0 0 M	
PB	00:53.25	01:51.18	
	00:53.25	00:57.93	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 13-14			Heat:4, starttime: 14:41
Heat: 4/9 Lane : 4 Athlete: VERSLUYS JULES			Q-time: 01:37:48
PB (50m pool): 01:37.48 SportinGenk Park 11/11/2025			PB (25m pool): no time SB: 01:37.48 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:37.48	
	no time		
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 13-14			Heat:8, starttime: 14:49
Heat: 8/9 Lane : 1 Athlete: JAMAR KAMIEL			Q-time: 01:26:35
PB (50m pool): 01:26.35 Mol 22/06/2025			PB (25m pool): 01:20.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.55	01:26.35	
	00:40.55	00:45.80	
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:6, starttime: 15:08
Heat: 6/8 Lane : 8 Athlete: DAS AMELIE			Q-time: 01:19:94
PB (50m pool): 01:19.94 SportinGenk Park 11/11/2025			PB (25m pool): 01:24.52 SB: 01:19.94 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:19.94	
	no time		
			

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 11-12			Heat:5, starttime: 15:22
Heat: 5/5 Lane : 6 Athlete: THYS VINCE			Q-time: 01:09:40
PB (50m pool): 01:09.40 Antwerpen 20/07/2025			PB (25m pool): 01:07.62 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.92	01:09.40	
	00:32.92	00:36.48	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 11-12			Heat:5, starttime: 15:22
Heat: 5/5 Lane : 7 Athlete: PIRARD DRIEK			Q-time: 01:12:45
PB (50m pool): 01:12.45 Antwerpen 20/07/2025			PB (25m pool): 01:11.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.01	01:12.45	
	00:35.01	00:37.44	
			

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN 13-14			Heat:4, starttime: 15:33
Heat: 4/7 Lane : 1 Athlete: VERSLUYS JULES			Q-time: 00:45:05
PB (50m pool): 00:45.05 SportinGenk Park 21/04/2025			PB (25m pool): 00:42.60 SB: no time
	5 0 M		
PB	00:45.05		
	00:45.05		
			

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN 13-14			Heat:6, starttime: 15:36
Heat: 6/7 Lane : 8 Athlete: GUILLIAMS REMKO			Q-time: 00:38:79
PB (50m pool): 00:38.79 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:45.68 SB: no time
	5 0 M		
PB	00:38.79		
	00:38.79		
			

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Event number: 30: 50M BUTTERFLY MEN 13-14			Heat:7, starttime: 15:37
Heat: 7/7 Lane : 2 Athlete: JAMAR KAMIEL			Q-time: 00:34:55
PB (50m pool): 00:34.55 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.98 SB: no time			
	5 0 M		
PB	00:34.55		
	00:34.55		
			

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:6, starttime: 15:50
Heat: 6/7 Lane : 5 Athlete: DAS LOUISE			Q-time: 01:27:46
PB (50m pool): 01:27.46 Antwerpen 20/07/2025 PB (25m pool): 01:23.91 SB: no time			
	5 0 M	1 0 0 M	
PB	00:42.36	01:27.46	
	00:42.36	00:45.10	
			

Coach feedback: