

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 24: 200M MEDLEY MEN 11+					Heat:7, starttime: 14:40
Heat: 7/19 Lane : 4 Athlete: PIRARD DRIEK					Q-time: 02:54:89
PB (50m pool): 02:54.89 Wezenberg 04/01/2026					PB (25m pool): 02:53.48 SB: 02:54.89 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.43	01:25.45	02:17.18	02:54.89	
	00:38.43	00:47.02	00:51.73	00:37.71	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:8, starttime: 14:45
Heat: 8/19 Lane : 0 Athlete: WERY MILAN					Q-time: 02:53:99
PB (50m pool): 02:53.99 Antwerpen 13/07/2025					PB (25m pool): 02:46.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.46	01:19.60	02:13.59	02:53.99	
	00:35.46	00:44.14	00:53.99	00:40.40	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:10, starttime: 14:50
Heat: 10/19 Lane : 9 Athlete: RUYMEN SIEBE					Q-time: 02:46:55
PB (50m pool): 02:46.55 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:41.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.81	01:16.99	02:10.49	02:46.55	
	00:33.81	00:43.18	00:53.50	00:36.06	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:12, starttime: 15:00
Heat: 12/19 Lane : 5 Athlete: JAMAR KAMIEL					Q-time: 02:37:69
PB (50m pool): 02:37.69 Wezenberg 04/01/2026					PB (25m pool): 02:35.40 SB: 02:37.69 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.46	01:14.77	02:02.27	02:37.69	
	00:34.46	00:40.31	00:47.50	00:35.42	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:17, starttime: 15:15
Heat: 17/19 Lane : 5 Athlete: VANDEPOEL QUINTEN					Q-time: 02:25:04
PB (50m pool): 02:25.04 Genk 01/02/2026					PB (25m pool): 02:21.47 SB: 02:25.04 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.34	01:10.17	01:53.90	02:25.04	
	00:31.34	00:38.83	00:43.73	00:31.14	
					

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:25	
Heat: 7/10 Lane : 6 Athlete: DAS LOUISE							Q-time: 05:05:71	
PB (50m pool): 04:57.73 Antwerpen 08/03/2026				PB (25m pool): 04:57.30 SB: 04:57.73 Antwerpen 08/03/2026				
	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	00:31.88	01:07.44	01:44.96	02:24.13	03:03.43	03:43.18	04:20.88	04:57.73
	00:31.88	00:35.56	00:37.52	00:39.17	00:39.30	00:39.75	00:37.70	00:36.85
								

Coach feedback: