# VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: STZC

**Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!**

**Coaches: Coenen Remco**

**Coaches: Appeltans Ruth**

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

## Event number: 38: 100M BREASTSTROKE MEN 11-12 Heat:5, starttime: 14:54

**Heat: 5/7 Lane : 4 Athlete: PIRARD DRIEK** **Q-time: 01:32:03**

**PB (50m pool): 01:32.03 Genk 01/02/2026** **PB (25m pool):** 01:29.97 **SB:** 01:32.03 Genk 01/02/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:43.43 | 01:32.03 | |
| | *00:43.43* | *00:48.60* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 38: 100M BREASTSTROKE MEN 11-12 Heat:7, starttime: 14:58

**Heat: 7/7 Lane : 8 Athlete: THYS VINCE** **Q-time: 01:27:71**

**PB (50m pool): 01:27.71 Genk 01/02/2026** **PB (25m pool):** 01:30.81 **SB:** 01:27.71 Genk 01/02/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:41.13 | 01:27.71 | |
| | *00:41.13* | *00:46.58* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 39: 400M FREESTYLE WOMEN 13-14 Heat:2, starttime: 15:07

**Heat: 2/3 Lane : 2 Athlete: DAS LOUISE** **Q-time: 05:05:71**

**PB (50m pool): 05:05.71 Genk 01/02/2026** **PB (25m pool):** 04:57.30 **SB:** 05:05.71 Genk 01/02/2026

| | 50M | 100M | 150M | 200M | 250M | 300M | 350M | 400M |
|---|---|---|---|---|---|---|---|---|
| PB | 00:31.67 | 01:08.07 | 01:47.00 | 02:27.12 | 03:07.62 | 03:48.03 | 04:27.94 | 05:05.71 |
| | *00:31.67* | *00:36.40* | *00:38.93* | *00:40.12* | *00:40.50* | *00:40.41* | *00:39.91* | *00:37.77* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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## Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:5, starttime: 15:54

**Heat: 5/7 Lane : 7 Athlete: PIRARD DRIEK** — **Q-time: 00:36:68**

**PB (50m pool): 00:36.68 Genk 01/02/2026** **PB (25m pool):** 00:36.46 **SB:** 00:36.68 Genk 01/02/2026

| | 50 M |
|---|---|
| PB | 00:36.68 |
| | *00:36.68* |
| | . . : . . : . . |

Coach feedback:

## Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:6, starttime: 15:55

**Heat: 6/7 Lane : 2 Athlete: THYS VINCE** — **Q-time: 00:35:07**

**PB (50m pool): 00:35.07 Genk 01/02/2026** **PB (25m pool):** 00:36.03 **SB:** 00:35.07 Genk 01/02/2026

| | 50 M |
|---|---|
| PB | 00:35.07 |
| | *00:35.07* |
| | . . : . . : . . |

Coach feedback:

## Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:2, starttime: 16:00

**Heat: 2/5 Lane : 1 Athlete: JAMAR KAMIEL** — **Q-time: 01:17:81**

**PB (50m pool): 01:17.81 Zwembad Brigitte Becue 30/05/2025** **PB (25m pool):** 01:14.75 **SB:** no time

| | 50 M | 100 M |
|---|---|---|
| PB | 00:36.64 | 01:17.81 |
| | *00:36.64* | *00:41.17* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 48: 400M MEDLEY MEN 15-16 — Heat:2, starttime: 16:40

**Heat: 2/2 Lane : 1 Athlete: VANDEPOEL QUINTEN** — **Q-time: 05:07:13**

**PB (50m pool): 05:07.13 Genk 01/02/2026** **PB (25m pool):** 04:53.97 **SB:** 05:07.13 Genk 01/02/2026

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|---|---|---|---|---|---|---|---|---|
| PB | 00:31.30 | 01:08.43 | 01:49.19 | 02:27.93 | 03:13.94 | 03:59.36 | 04:34.57 | 05:07.13 |
| | *00:31.30* | *00:37.13* | *00:40.76* | *00:38.74* | *00:46.01* | *00:45.42* | *00:35.21* | *00:32.56* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: STZC

## Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:4, starttime: 17:10

**Heat: 4/7 Lane : 6 Athlete: PIRARD DRIEK** — **Q-time: 01:22:87**

**PB (50m pool): 01:22.87 Genk 01/02/2026** — **PB (25m pool):** 01:20.35 **SB:** 01:22.87 Genk 01/02/2026

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:40.59 | 01:22.87 | |
| | *00:40.59* | *00:42.28* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:5, starttime: 17:13

**Heat: 5/7 Lane : 5 Athlete: THYS VINCE** — **Q-time: 01:21:41**

**PB (50m pool): 01:21.41 Wezenberg 04/01/2026** — **PB (25m pool):** 01:19.41 **SB:** 01:21.41 Wezenberg 04/01/2026

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:40.09 | 01:21.41 | |
| | *00:40.09* | *00:41.32* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: