

CB-BK WE1 2026: Session: 4: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 12:30 untill 14:15. 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: 24: 200M MEDLEY MEN 13-14					Heat:14, starttime: 15:12
Heat: 14/17 Lane : 2 Athlete: JAMAR KAMIEL					Q-time: 02:35:09
PB (50m pool): 02:35.09 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:35.40 SB: 02:35.09 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.73	01:12.57	01:59.41	02:35.09	
	00:32.73	00:39.84	00:46.84	00:35.68	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 15:48
Heat: 10/14 Lane : 2 Athlete: PIRARD DRIEK					Q-time: 01:10:14
PB (50m pool): 01:10.14 Genk 01/02/2026 PB (25m pool): 01:11.69 SB: 01:10.14 Genk 01/02/2026					
	5 0 M	1 0 0 M			
PB	00:33.22	01:10.14			
	00:33.22	00:36.92			
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:13, starttime: 15:52
Heat: 13/14 Lane : 4 Athlete: THYS VINCE					Q-time: 01:05:71
PB (50m pool): 01:05.71 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:07.62 SB: 01:05.71 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:30.81	01:05.71			
	00:30.81	00:34.90			
					

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:6, starttime: 16:28	
Heat: 6/15 Lane : 3 Athlete: DAS AMELIE							Q-time: 05:38:33	
PB (50m pool): 05:38.33 SportinGenk Park 24/05/2026				PB (25m pool): 05:42.23SB: 05:38.33 SportinGenk Park 24/05/2026				
	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	00:37.92	01:20.66	02:04.53	02:48.34	03:32.64	04:16.03	04:59.16	05:38.33
	00:37.92	00:42.74	00:43.87	00:43.81	00:44.30	00:43.39	00:43.13	00:39.17
								

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14							Heat:5, starttime: 17:34	
Heat: 5/8 Lane : 7 Athlete: JAMAR KAMIEL							Q-time: 01:01:58	
PB (50m pool): 01:00.95 Mol 28/06/2026				PB (25m pool): 01:03.05SB: 01:00.95 Mol 28/06/2026				
	5 0 M	1 0 0 M						
PB	00:29.62	01:00.95						
	00:29.62	00:31.33						
								

Coach feedback: