

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:1, starttime: 09:13
Heat: 1/6 Lane : 4 Athlete: VERSPECHT LIZANNE		Q-time: 00:35:35
PB (50m pool): 00:34.56 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:33.33 SB: no time		
	5 0 M	
PB	00:34.56	
	00:34.56	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:1, starttime: 09:13
Heat: 1/6 Lane : 8 Athlete: VANTHUYNE FLOOR		Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:4, starttime: 09:16
Heat: 4/6 Lane : 4 Athlete: VAN ROY YANA		Q-time: 00:31:93
PB (50m pool): 00:31.93 Antwerpen 13/07/2025 PB (25m pool): 00:31.85 SB: no time		
	5 0 M	
PB	00:31.93	
	00:31.93	
		

Coach feedback:

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

Event number: 8: 100M FREESTYLE MEN 17+			Heat:2, starttime: 09:56
Heat: 2/5 Lane : 2 Athlete: CORNELISSEN LARS			Q-time: 01:01:18
PB (50m pool): 00:59.79 Antwerpen 28/07/2024			PB (25m pool): 00:58.37 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:59.79	
	no time		
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 17+			Heat:2, starttime: 09:56
Heat: 2/5 Lane : 5 Athlete: PEERSMAN NIEL			Q-time: 01:00:26
PB (50m pool): 01:00.26 Antwerpen 13/07/2025			PB (25m pool): 00:57.33 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.81	01:00.26	
	00:28.81	00:31.45	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 17+			Heat:4, starttime: 09:59
Heat: 4/5 Lane : 1 Athlete: DE MAESSCHALCK YARNE			Q-time: 00:57:00
PB (50m pool): 00:57.00 Antwerpen 13/07/2025			PB (25m pool): 00:55.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.36	00:57.00	
	00:27.36	00:29.64	
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:3, starttime: 10:23
Heat: 3/6 Lane : 8 Athlete: CORNELISSEN LARS			Q-time: 00:34:81
PB (50m pool): 00:40.21 Antwerpen 09/01/2022			PB (25m pool): 00:34.81 SB: no time
	5 0 M		
PB	00:40.21		
	00:40.21		
			

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 17+			Heat:5, starttime: 10:25
Heat: 5/6 Lane : 2 Athlete: DE MAESSCHALCK YARNE			Q-time: 00:30:60
PB (50m pool): 00:30.60 Antwerpen 13/07/2025			PB (25m pool): 00:30.32 SB: no time
	5 0 M		
PB	00:30.60		
	00:30.60		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:1, starttime: 11:01
Heat: 1/4 Lane : 5 Athlete: VANTHUYNE FLOOR			Q-time: 01:12:60
PB (50m pool): no time			PB (25m pool): 01:11.99 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 11:02
Heat: 2/4 Lane : 1 Athlete: VERSPECHT LIZANNE			Q-time: 01:09:50
PB (50m pool): 01:06.09 Antwerpen 14/07/2024			PB (25m pool): 01:04.35 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:06.09	
	no time		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 11:02
Heat: 2/4 Lane : 3 Athlete: VAN ROY YANA			Q-time: 01:06:69
PB (50m pool): 01:06.69 Antwerpen 13/07/2025			PB (25m pool): 01:04.79 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.23	01:06.69	
	00:31.23	00:35.46	
			

Coach feedback:

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Event number: 16: 100M BACKSTROKE MEN 17+			Heat:3, starttime: 11:12
Heat: 3/4 Lane : 1 Athlete: PEERSMAN NIEL			Q-time: 01:08:92
PB (50m pool): 01:08.92 Aalst 11/05/2025			PB (25m pool): 01:03.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.50	01:08.92	
	00:33.50	00:35.42	
			

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+			Heat:2, starttime: 11:31
Heat: 2/5 Lane : 4 Athlete: VERSPECHT LIZANNE			Q-time: 00:35:38
PB (50m pool): 00:35.38 Wezenberg 05/01/2025			PB (25m pool): 00:34.57 SB: no time
	5 0 M		
PB	00:35.38		
	00:35.38		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:4, starttime: 11:39
Heat: 4/6 Lane : 1 Athlete: PEERSMAN NIEL			Q-time: 00:34:71
PB (50m pool): 00:37.48 Antwerpen 14/07/2024			PB (25m pool): 00:34.70 SB: no time
	5 0 M		
PB	00:37.48		
	00:37.48		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:5, starttime: 11:40
Heat: 5/6 Lane : 3 Athlete: DE MAESSCHALCK YARNE			Q-time: 00:33:54
PB (50m pool): 00:39.01 Antwerpen 09/01/2022			PB (25m pool): 00:33.54 SB: no time
	5 0 M		
PB	00:39.01		
	00:39.01		
			

Coach feedback: