

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

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

Coaches: Cannaerts Jens

Coaches: De Bock Ann HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BACKSTROKE WOMEN 15-16 Heat:3, starttime: 09:03

Heat: 3/5 Lane : 7 Athlete: CORTHOUT MIRTE Q-time: 00:38:09

PB (50m pool): no time PB (25m pool): 00:38.09 SB: no time

	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16 Heat:4, starttime: 09:10

Heat: 4/5 Lane : 5 Athlete: GORIS FINN Q-time: 00:35:77

PB (50m pool): 00:37.86 Antwerpen 20/04/2025 PB (25m pool): 00:35.77 SB: no time

	5 0 M	
PB	00:37.86	
	00:37.86	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+ Heat:1, starttime: 09:13

Heat: 1/6 Lane : 3 Athlete: WIJCKMANS LENE Q-time: 00:36:83

PB (50m pool): 00:35.93 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:35.38 SB: no time

	5 0 M	
PB	00:35.93	
	00:35.93	
		

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:1, starttime: 09:13
Heat: 1/6 Lane : 6 Athlete: DE BOCK MARIE			Q-time: 00:38:41
PB (50m pool): 00:38.41 Wezenberg 05/01/2025 PB (25m pool): 00:35.61 SB: no time			
	5 0 M		
PB	00:38.41		
	00:38.41		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:2, starttime: 09:14
Heat: 2/6 Lane : 4 Athlete: VAN ESPEN LOTTE			Q-time: 00:33:47
PB (50m pool): 00:32.84 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:31.80 SB: no time			
	5 0 M		
PB	00:32.84		
	00:32.84		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+			Heat:2, starttime: 09:20
Heat: 2/5 Lane : 7 Athlete: ARIJS KYAN			Q-time: 00:28:29
PB (50m pool): 00:28.29 Antwerpen 13/07/2025 PB (25m pool): 00:28.31 SB: no time			
	5 0 M		
PB	00:28.29		
	00:28.29		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:3, starttime: 09:28
Heat: 3/7 Lane : 7 Athlete: VAN RILLAER YINTHE			Q-time: 01:21:29
PB (50m pool): 01:21.29 Antwerpen 13/07/2025 PB (25m pool): 01:16.86 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.25	01:21.29	
	00:39.25	00:42.04	
			

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN 17+			Heat:2, starttime: 09:56
Heat: 2/5 Lane : 4 Athlete: BROWN QUINTEN			Q-time: 00:59:95
PB (50m pool): 00:59.95 Antwerpen 13/07/2025			PB (25m pool): 00:57.73 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.63	00:59.95	
	00:28.63	00:31.32	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16			Heat:3, starttime: 10:05
Heat: 3/6 Lane : 2 Athlete: VAN RILLAER YINTHE			Q-time: 00:43:26
PB (50m pool): 00:47.01 Antwerpen 16/04/2023			PB (25m pool): 00:43.26 SB: no time
	5 0 M		
PB	00:47.01		
	00:47.01		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 15-16			Heat:2, starttime: 10:11
Heat: 2/5 Lane : 7 Athlete: GORIS FINN			Q-time: 00:36:07
PB (50m pool): 00:37.14 Wezenberg 05/01/2025			PB (25m pool): 00:36.07 SB: no time
	5 0 M		
PB	00:37.14		
	00:37.14		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+			Heat:1, starttime: 10:15
Heat: 1/5 Lane : 4 Athlete: DE BOCK MARIE			Q-time: 00:32:55
PB (50m pool): 00:32.55 Antwerp 02/02/2025			PB (25m pool): 00:31.45 SB: no time
	5 0 M		
PB	00:32.55		
	00:32.55		
			

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN 17+			Heat:2, starttime: 10:16
Heat: 2/5 Lane : 4 Athlete: VAN ESPEN LOTTE			Q-time: 00:30:29
PB (50m pool): 00:29.56 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:28.63 SB: no time			
	5 0 M		
PB	00:29.56		
	00:29.56		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+			Heat:2, starttime: 10:16
Heat: 2/5 Lane : 5 Athlete: WIJCKMANS LENE			Q-time: 00:30:32
PB (50m pool): 00:30.16 Antwerpen 14/07/2024 PB (25m pool): 00:29.44 SB: no time			
	5 0 M		
PB	00:30.16		
	00:30.16		
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:1, starttime: 10:20
Heat: 1/6 Lane : 5 Athlete: ARIJS KYAN			Q-time: 99:99:99
PB (50m pool): 00:38.46 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:39.21 SB: no time			
	5 0 M		
PB	00:38.46		
	00:38.46		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 17+			Heat:2, starttime: 11:09
Heat: 2/4 Lane : 6 Athlete: BROWN QUINTEN			Q-time: 01:15:10
PB (50m pool): 01:15.10 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.02	01:15.10	
	00:37.02	00:38.08	
			

Coach feedback:

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Event number: 17: 50M BUTTERFLY WOMEN 15-16		Heat:2, starttime: 11:16
Heat: 2/8 Lane : 7 Athlete: VAN RILLAER YINTHE		Q-time: 99:99:99
PB (50m pool): 00:39.17 Antwerp 14/04/2024 PB (25m pool): 00:37.33 SB: no time		
	5 0 M	
PB	00:39.17	
	00:39.17	
		

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16		Heat:3, starttime: 11:17
Heat: 3/8 Lane : 7 Athlete: CORTHOUT MIRTE		Q-time: 00:39:85
PB (50m pool): 00:42.75 Antwerpen 05/02/2023 PB (25m pool): 00:39.85 SB: no time		
	5 0 M	
PB	00:42.75	
	00:42.75	
		

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 15-16		Heat:3, starttime: 11:27
Heat: 3/4 Lane : 2 Athlete: GORIS FINN		Q-time: 00:36:30
PB (50m pool): 00:37.74 Wezenberg 05/01/2025 PB (25m pool): 00:36.30 SB: no time		
	5 0 M	
PB	00:37.74	
	00:37.74	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+		Heat:3, starttime: 11:32
Heat: 3/5 Lane : 8 Athlete: WIJCKMANS LENE		Q-time: 00:35:37
PB (50m pool): 00:35.08 Antwerpen 28/07/2024 PB (25m pool): 00:34.34 SB: no time		
	5 0 M	
PB	00:35.08	
	00:35.08	
		

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN 17+		Heat:3, starttime: 11:38
Heat: 3/6 Lane : 8 Athlete: ARIJS KYAN		Q-time: 00:37:12
PB (50m pool): 00:37.12 Antwerpen 13/07/2025 PB (25m pool): 00:37.00 SB: no time		
	5 0 M	
PB	00:37.12	
	00:37.12	
		

Coach feedback: