

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

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

Coaches: Van Herzeele Peggy

Coaches: Michielsens Noor

Coaches: Stabel Siegfried HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BACKSTROKE WOMEN 15-16		Heat:2, starttime: 09:01
Heat: 2/5 Lane : 6 Athlete: VAN GESTEL FRAN		Q-time: 00:40:02
PB (50m pool): 00:47.45 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:40.02 SB: no time		
PB	5 0 M	
	00:47.45	
	00:47.45	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16		Heat:3, starttime: 09:09
Heat: 3/5 Lane : 6 Athlete: VAN MECHGELEN ARNE		Q-time: 00:39:32
PB (50m pool): 00:40.74 Antwerp 02/02/2025 PB (25m pool): 00:39.32 SB: no time		
PB	5 0 M	
	00:40.74	
	00:40.74	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:2, starttime: 09:14
Heat: 2/6 Lane : 8 Athlete: CAMPFORTS FIEN		Q-time: 00:35:32
PB (50m pool): 00:37.92 Wezenberg 05/01/2025 PB (25m pool): 00:35.32 SB: no time		
PB	5 0 M	
	00:37.92	
	00:37.92	
		

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:3, starttime: 09:15
Heat: 3/6 Lane : 8 Athlete: LAUWERS LOTTE			Q-time: 00:33:46
PB (50m pool): 00:33.46 Eindhoven 16/03/2025			PB (25m pool): 00:33.07 SB: no time
	5 0 M		
PB	00:33.46		
	00:33.46		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+			Heat:4, starttime: 09:22
Heat: 4/5 Lane : 1 Athlete: LEYSEN MICHEL			Q-time: 00:26:05
PB (50m pool): 00:25.57 ANTWERPEN 30/07/2023			PB (25m pool): 00:25.15 SB: no time
	5 0 M		
PB	00:25.57		
	00:25.57		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:4, starttime: 09:30
Heat: 4/7 Lane : 1 Athlete: VAN MECHELEN ZOë			Q-time: 01:19:51
PB (50m pool): 01:22.85 Antwerp 02/02/2025			PB (25m pool): 01:17.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.68	01:22.85	
	00:39.68	00:43.17	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:7, starttime: 09:37
Heat: 7/7 Lane : 8 Athlete: LAUWERS SOFIE			Q-time: 01:12:54
PB (50m pool): 01:13.90 Antwerpen 20/04/2025			PB (25m pool): 01:12.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.97	01:13.90	
	00:35.97	00:37.93	
			

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:3, starttime: 09:43
Heat: 3/6 Lane : 7 Athlete: VAN MECHELEN RUBE			Q-time: 01:29:57
PB (50m pool): 01:32.87 Eindhoven 16/03/2025			PB (25m pool): 01:29.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.76	01:32.87	
	00:43.76	00:49.11	
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:5, starttime: 09:47
Heat: 5/6 Lane : 3 Athlete: STABEL JASPER			Q-time: 01:18:62
PB (50m pool): 01:21.40 Antwerp 26/01/2025			PB (25m pool): 01:18.62 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.79	01:21.40	
	00:37.79	00:43.61	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16		Heat:2, starttime: 10:03
Heat: 2/6 Lane : 5 Athlete: VAN MECHELEN ZOë		Q-time: 00:44:25
PB (50m pool): 00:47.07 Wezenberg 05/01/2025		PB (25m pool): 00:44.25 SB: no time
	5 0 M	
PB	00:47.07	
	00:47.07	
		

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16		Heat:4, starttime: 10:06
Heat: 4/6 Lane : 8 Athlete: VAN GESTEL FRAN		Q-time: 00:42:24
PB (50m pool): 00:43.18 Mol 23/06/2024		PB (25m pool): 00:42.24 SB: no time
	5 0 M	
PB	00:43.18	
	00:43.18	
		

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 15-16			Heat:4, starttime: 10:13
Heat: 4/5 Lane : 8 Athlete: STABEL JASPER			Q-time: 00:31:33
PB (50m pool): 00:32.94 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.33 SB: no time			
	5 0 M		
PB	00:32.94		
	00:32.94		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+			Heat:2, starttime: 10:16
Heat: 2/5 Lane : 1 Athlete: LAUWERS LOTTE			Q-time: 00:31:40
PB (50m pool): 00:31.40 Antwerp 02/02/2025 PB (25m pool): 00:30.33 SB: no time			
	5 0 M		
PB	00:31.40		
	00:31.40		
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:1, starttime: 10:20
Heat: 1/6 Lane : 4 Athlete: LEYSEN MICHEL			Q-time: 99:99:99
PB (50m pool): 00:32.75 Wezenberg 05/01/2025 PB (25m pool): 00:30.41 SB: no time			
	5 0 M		
PB	00:32.75		
	00:32.75		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:4, starttime: 10:44
Heat: 4/6 Lane : 8 Athlete: LAUWERS SOFIE			Q-time: 01:28:81
PB (50m pool): 01:28.81 Mol 22/06/2025 PB (25m pool): 01:28.49 SB: no time			
	5 0 M	1 0 0 M	
PB	00:42.19	01:28.81	
	00:42.19	00:46.62	
			

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:2, starttime: 10:52
Heat: 2/6 Lane : 2 Athlete: VAN MECHGELEN RUBE			Q-time: 01:27:66
PB (50m pool): no time			PB (25m pool): 01:27.66 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:4, starttime: 10:56
Heat: 4/6 Lane : 7 Athlete: VAN MECHGELEN ARNE			Q-time: 01:15:36
PB (50m pool): no time			PB (25m pool): 01:15.36 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 : 6 Athlete: CAMPFORTS FIEN			Q-time: 01:07:21
PB (50m pool): 01:08.81 Antwerp 02/02/2025			PB (25m pool): 01:05.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.19	01:08.81	
	00:33.19	00:35.62	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:3, starttime: 11:17
Heat: 3/8 Lane : 6 Athlete: VAN GESTEL FRAN			Q-time: 00:39:28
PB (50m pool): 00:39.58 Mol 23/06/2024			PB (25m pool): 00:39.28 SB: no time
	5 0 M		
PB	00:39.58		
	00:39.58		

Coach feedback:

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

Event number: 17: 50M BUTTERFLY WOMEN 15-16		Heat:4, starttime: 11:19
Heat: 4/8 Lane : 4 Athlete: VAN MECHELEN ZOë		Q-time: 00:36:10
PB (50m pool): 00:37.16 Mol 22/06/2025 PB (25m pool): 00:36.10 SB: no time		
	5 0 M	
PB	00:37.16	
	00:37.16	
		

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16		Heat:5, starttime: 11:20
Heat: 5/8 Lane : 1 Athlete: LAUWERS SOFIE		Q-time: 00:35:98
PB (50m pool): 00:35.98 Wezenberg 05/01/2025 PB (25m pool): 00:36.03 SB: no time		
	5 0 M	
PB	00:35.98	
	00:35.98	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+		Heat:1, starttime: 11:29
Heat: 1/5 Lane : 6 Athlete: CAMPFORTS FIEN		Q-time: 00:38:70
PB (50m pool): 00:41.34 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:38.33 SB: no time		
	5 0 M	
PB	00:41.34	
	00:41.34	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+		Heat:1, starttime: 11:36
Heat: 1/6 Lane : 5 Athlete: LEYSEN MICHEL		Q-time: 99:99:99
PB (50m pool): 00:33.56 ANTWERPEN 30/07/2023 PB (25m pool): 00:34.13 SB: no time		
	5 0 M	
PB	00:33.56	
	00:33.56	
		

Coach feedback: