

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

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

Coaches: Lissens Jeroen HEADCOACH

Coaches: Vanmeerbeek Rob

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

Event number: 2: 50M BREASTSTROKE MEN 15-16					Heat:1, starttime: 09:07	
Heat: 1/5 Lane : 5 Athlete: VANDERLINDEN ROALD					Q-time: 99:99:99	
PB (50m pool): 00:42.89 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:41.82 SB: no time						
	5 0 M					
PB	00:42.89					
	00:42.89					
						

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16				Heat:2, starttime: 09:08	
Heat: 2/5 Lane : 1 Athlete: ZOUHRI AMIR				Q-time: 99:99:99	
PB (50m pool): 00:40.85 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:37.42 SB: no time					
	5 0 M				
PB	00:40.85				
	00:40.85				
					

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16					Heat:5, starttime: 09:12	
Heat: 5/5 Lane : 2 Athlete: BOBEV BOYAN					Q-time: 00:33:41	
PB (50m pool): 00:35.45 Antwerpen 13/07/2025 PB (25m pool): 00:33.41 SB: no time						
	5 0 M					
PB	00:35.45					
	00:35.45					
						

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:6, starttime: 09:18
Heat: 6/6 Lane : 4 Athlete: VANDERLINDEN SIRI			Q-time: 00:28:23
PB (50m pool): 00:28.23 Antwerpen 27/07/2025			PB (25m pool): 00:28.32 SB: no time
	5 0 M		
PB	00:28.23		
	00:28.23		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+			Heat:1, starttime: 09:19
Heat: 1/5 Lane : 4 Athlete: SOMEI THIBAUT			Q-time: 00:28:79
PB (50m pool): 00:29.02 Antwerp 09/02/2025			PB (25m pool): 00:29.48 SB: no time
	5 0 M		
PB	00:29.02		
	00:29.02		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+			Heat:5, starttime: 09:23
Heat: 5/5 Lane : 7 Athlete: SPADEA TOMMASO			Q-time: 00:24:31
PB (50m pool): 00:24.82 Olympic Pool Wezenberg, Antwer 30/09/2025			PB (25m pool): 00:24.31 SB: no time
	5 0 M		
PB	00:24.82		
	00:24.82		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:5, starttime: 09:33
Heat: 5/7 Lane : 6 Athlete: THYS LENA			Q-time: 01:16:22
PB (50m pool): 01:25.58 Zwembad Brigitte Becue Oostend 10/09/2025			PB (25m pool): 01:16.22 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:25.58	
	no time		
			

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:3, starttime: 09:43
Heat: 3/6 Lane : 8 Athlete: SPADEA MATTIA			Q-time: 01:30:66
PB (50m pool): 01:30.66 Olympic Pool Wezenberg, Antwer 30/07/25PB (25m pool): 01:31.23SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.75	01:30.66	
	00:43.75	00:46.91	
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:6, starttime: 09:49
Heat: 6/6 Lane : 2 Athlete: VRANCKX BOUDEWIJN			Q-time: 01:16:18
PB (50m pool): 01:20.22 Antwerpen 13/07/2025PB (25m pool): 01:16.18SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.02	01:20.22	
	00:39.02	00:41.20	
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:6, starttime: 09:49
Heat: 6/6 Lane : 4 Athlete: BERLAMONT DAAN			Q-time: 01:11:15
PB (50m pool): 01:16.93 Zwembad Brigitte Becue 30/05/2025PB (25m pool): 01:11.15SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.15	01:16.93	
	00:37.15	00:39.78	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 15-16			Heat:5, starttime: 10:14
Heat: 5/5 Lane : 4 Athlete: BERLAMONT DAAN			Q-time: 00:26:43
PB (50m pool): 00:26.71 Antwerpen 27/07/2025PB (25m pool): 00:26.43SB: no time			
	5 0 M		
PB	00:26.71		
	00:26.71		
			

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 15-16					Heat:5, starttime: 10:14				
Heat: 5/5 Lane : 5 Athlete: ZOUHRI AMIR					Q-time: 00:27:65				
PB (50m pool): 00:28.99 Antwerpen 27/07/2025					PB (25m pool): 00:27.65 SB: no time				
	5 0 M								
PB	00:28.99								
	00:28.99								
									

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+					Heat:5, starttime: 10:19	
Heat: 5/5 Lane : 4 Athlete: VANDERLINDEN SIRI					Q-time: 00:25:71	
PB (50m pool): 00:26.62 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:25.71 SB: no time						
	5 0 M					
PB	00:26.62					
	00:26.62					
						

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+										Heat:2, starttime: 10:21																				
Heat: 2/6 Lane : 1 Athlete: SOMEI THIBAUT																				Q-time: 99:99:99										
PB (50m pool): 00:40.14 Antwerpen 14/07/2024																				PB (25m pool): 00:38.40 SB: no time										
	5 0 M																													
PB	00:40.14																													
	00:40.14																													
																														

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+					Heat:6, starttime: 10:26	
Heat: 6/6 Lane : 4 Athlete: SPADEA TOMMASO					Q-time: 00:27:49	
PB (50m pool): 00:33.21 Zwembad Brigitte Becue Oostend 27/07/2025 PB (25m pool): 00:27.49 SB: no time						
	5 0 M					
PB	00:33.21					
	00:33.21					
						

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:6, starttime: 10:48
Heat: 6/6 Lane : 2 Athlete: THYS LENA			Q-time: 01:18:19
PB (50m pool): 01:21.03 Antwerpen 21/07/2024			PB (25m pool): 01:18.19SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:21.03	
	no time		
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:2, starttime: 10:52
Heat: 2/6 Lane : 3 Athlete: VRANCKX BOUDEWIJN			Q-time: 01:22:56
PB (50m pool): 01:23.88 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:16.81SB: no time
	5 0 M	1 0 0 M	
PB	00:36.71	01:23.88	
	00:36.71	00:47.17	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:5, starttime: 10:57
Heat: 5/6 Lane : 1 Athlete: VANDERLINDEN ROALD			Q-time: 01:11:91
PB (50m pool): 01:17.15 Antwerpen 20/04/2025			PB (25m pool): 01:11.91SB: no time
	5 0 M	1 0 0 M	
PB	00:35.13	01:17.15	
	00:35.13	00:42.02	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:5, starttime: 10:57
Heat: 5/6 Lane : 8 Athlete: SPADEA MATTIA			Q-time: 01:11:92
PB (50m pool): 01:11.92 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:12.10SB: no time
	5 0 M	1 0 0 M	
PB	00:33.62	01:11.92	
	00:33.62	00:38.30	
			

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:6, starttime: 10:59
Heat: 6/6 Lane : 7 Athlete: BOBEV BOYAN			Q-time: 01:04:97
PB (50m pool): 01:08.28 Antwerpen 13/07/2025			PB (25m pool): 01:04.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.59	01:08.28	
	00:30.59	00:37.69	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:8, starttime: 11:23
Heat: 8/8 Lane : 7 Athlete: THYS LENA			Q-time: 00:31:08
PB (50m pool): 00:35.94 Zwembad Brigitte Becue Oostend 19/05/2025			PB (25m pool): 00:31.08 SB: no time
	5 0 M		
PB	00:35.94		
	00:35.94		
			

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 15-16			Heat:4, starttime: 11:28
Heat: 4/4 Lane : 5 Athlete: ZOUHRI AMIR			Q-time: 00:30:18
PB (50m pool): 00:33.99 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:30.18 SB: no time
	5 0 M		
PB	00:33.99		
	00:33.99		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:2, starttime: 11:37
Heat: 2/6 Lane : 5 Athlete: SPADEA TOMMASO			Q-time: 00:37:80
PB (50m pool): 00:35.84 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:36.18 SB: no time
	5 0 M		
PB	00:35.84		
	00:35.84		
			

Coach feedback: