

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

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

Coaches: Michiels Ans HEADCOACH

Coaches: Lasoen Sam

Coaches: Vlamijnck Robin

PB => Personal Best time

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

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:2, starttime: 09:14
Heat: 2/6 Lane : 5 Athlete: DE SMUL PAULINE		Q-time: 00:33:60
PB (50m pool): 00:33.60 Kortrijk 04/05/2025		PB (25m pool): 00:34.36 SB: no time
PB	5 0 M	
	00:33.60	
	00:33.60	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:2, starttime: 09:14
Heat: 2/6 Lane : 6 Athlete: DE GRAVE LIZE		Q-time: 00:34:00
PB (50m pool): 00:34.00 MOUSCRON 29/05/2025		PB (25m pool): 00:34.11 SB: no time
PB	5 0 M	
	00:34.00	
	00:34.00	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:3, starttime: 09:15
Heat: 3/6 Lane : 2 Athlete: VLAMIJNCK LORE		Q-time: 00:32:71
PB (50m pool): 00:32.71 MOUSCRON 29/05/2025		PB (25m pool): 00:32.76 SB: no time
PB	5 0 M	
	00:32.71	
	00:32.71	
		

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:5, starttime: 09:17
Heat: 5/6 Lane : 7 Athlete: VAN AVONDT LINA			Q-time: 00:30:82
PB (50m pool): 00:30.82 MOUSCRON 29/05/2025			PB (25m pool): 00:29.55 SB: no time
	5 0 M		
PB	00:30.82		
	00:30.82		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+			Heat:4, starttime: 09:22
Heat: 4/5 Lane : 2 Athlete: DHOOGHE LIAM			Q-time: 00:25:91
PB (50m pool): 00:25.91 Antwerpen 27/07/2025			PB (25m pool): 00:25.16 SB: no time
	5 0 M		
PB	00:25.91		
	00:25.91		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:3, starttime: 09:28
Heat: 3/7 Lane : 4 Athlete: VAN DOORNE LORE			Q-time: 01:20:02
PB (50m pool): 01:20.02 Kortrijk 04/05/2025			PB (25m pool): 01:17.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.52	01:20.02	
	00:39.52	00:40.50	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:5, starttime: 09:33
Heat: 5/7 Lane : 2 Athlete: BUYLE LAURE			Q-time: 01:16:56
PB (50m pool): 01:16.56 Kortrijk 04/05/2025			PB (25m pool): 01:12.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.04	01:16.56	
	00:38.04	00:38.52	
			

Coach feedback:

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Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:6, starttime: 09:35
Heat: 6/7 Lane : 8 Athlete: DE MULDER CHLOë			Q-time: 01:15:97
PB (50m pool): 01:15.61 Lago Kortrijk Weide 28/04/2024 PB (25m pool): 01:12.53 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:15.61	
	no time		
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:1, starttime: 09:38
Heat: 1/6 Lane : 7 Athlete: VROMAN WOUT			Q-time: 99:99:99
PB (50m pool): 01:31.04 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:29.62 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:31.04	
	no time		
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:2, starttime: 09:41
Heat: 2/6 Lane : 1 Athlete: DE BRUYNE BRIEK			Q-time: 01:35:36
PB (50m pool): 01:35.36 Antwerp 02/02/2025 PB (25m pool): 01:24.96 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.70	01:35.36	
	00:44.70	00:50.66	
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:2, starttime: 09:41
Heat: 2/6 Lane : 4 Athlete: DEGRANDE VIC			Q-time: 01:30:79
PB (50m pool): 01:30.79 Antwerp 26/01/2025 PB (25m pool): 01:26.38 SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.09	01:30.79	
	00:43.09	00:47.70	
			

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:2, starttime: 10:16
Heat: 2/5 Lane : 7 Athlete: DE SMUL PAULINE		Q-time: 00:31:10
PB (50m pool): 00:31.10 Kortrijk 04/05/2025 PB (25m pool): 00:30.56 SB: no time		
	5 0 M	
PB	00:31.10	
	00:31.10	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:3, starttime: 10:17
Heat: 3/5 Lane : 3 Athlete: VLAMIJNCK LORE		Q-time: 00:29:71
PB (50m pool): 00:29.37 Antwerpen 21/04/2024 PB (25m pool): 00:28.64 SB: no time		
	5 0 M	
PB	00:29.37	
	00:29.37	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:4, starttime: 10:18
Heat: 4/5 Lane : 5 Athlete: VAN AVONDT LINA		Q-time: 00:27:92
PB (50m pool): 00:27.48 Antwerpen 28/07/2024 PB (25m pool): 00:27.03 SB: no time		
	5 0 M	
PB	00:27.48	
	00:27.48	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:4, starttime: 10:18
Heat: 4/5 Lane : 8 Athlete: DE GRAVE LIZE		Q-time: 00:29:49
PB (50m pool): 00:29.49 MOUSCRON 29/05/2025 PB (25m pool): 00:28.30 SB: no time		
	5 0 M	
PB	00:29.49	
	00:29.49	
		

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 17+			Heat:3, starttime: 10:23
Heat: 3/6 Lane : 3 Athlete: DHOOGHE LIAM			Q-time: 00:32:86
PB (50m pool): 00:32.86 Kortrijk 04/05/2025			PB (25m pool): 00:30.93 SB: no time
	5 0 M		
PB	00:32.86		
	00:32.86		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:1, starttime: 10:37
Heat: 1/6 Lane : 3 Athlete: BUYLE LAURE			Q-time: 99:99:99
PB (50m pool): 01:34.88 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:32.97 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:34.88	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:2, starttime: 10:40
Heat: 2/6 Lane : 7 Athlete: DE MULDER CHLOë			Q-time: 99:99:99
PB (50m pool): 01:33.18 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 01:29.84 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:33.18	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:4, starttime: 10:44
Heat: 4/6 Lane : 6 Athlete: VAN DOORNE LORE			Q-time: 01:26:67
PB (50m pool): 01:35.61 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 01:26.67 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:35.61	
	no time		
			

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:2, starttime: 10:52
Heat: 2/6 Lane : 7 Athlete: DE BRUYNE BRIEK			Q-time: 01:28:70
PB (50m pool): 01:28.70 Antwerpen 13/07/2025			PB (25m pool): 01:23.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.41	01:28.70	
	00:40.41	00:48.29	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:3, starttime: 10:54
Heat: 3/6 Lane : 6 Athlete: DEGRANDE VIC			Q-time: 01:18:25
PB (50m pool): 01:18.25 Kortrijk 04/05/2025			PB (25m pool): 01:17.76 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.78	01:18.25	
	00:35.78	00:42.47	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:4, starttime: 10:56
Heat: 4/6 Lane : 4 Athlete: VROMAN WOUT			Q-time: 01:12:40
PB (50m pool): 01:12.40 Kortrijk 04/05/2025			PB (25m pool): 01:08.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.06	01:12.40	
	00:33.06	00:39.34	
			

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+			Heat:2, starttime: 11:31
Heat: 2/5 Lane : 3 Athlete: DE SMUL PAULINE			Q-time: 00:35:91
PB (50m pool): 00:35.91 Antwerpen 13/07/2025			PB (25m pool): 00:34.60 SB: no time
	5 0 M		
PB	00:35.91		
	00:35.91		
			

Coach feedback:

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

Event number: 19: 50M BACKSTROKE WOMEN 17+		Heat:2, starttime: 11:31
Heat: 2/5 Lane : 7 Athlete: DE GRAVE LIZE		Q-time: 00:36:71
PB (50m pool): 00:36.71 Kortrijk 04/05/2025 PB (25m pool): 00:36.06 SB: no time		
	5 0 M	
PB	00:36.71	
	00:36.71	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+		Heat:3, starttime: 11:32
Heat: 3/5 Lane : 4 Athlete: VLAMIJNCK LORE		Q-time: 00:34:46
PB (50m pool): 00:34.46 Kortrijk 04/05/2025 PB (25m pool): 00:33.40 SB: no time		
	5 0 M	
PB	00:34.46	
	00:34.46	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+		Heat:4, starttime: 11:33
Heat: 4/5 Lane : 7 Athlete: VAN AVONDT LINA		Q-time: 00:33:29
PB (50m pool): 00:32.81 Antwerpen 28/07/2024 PB (25m pool): 00:31.17 SB: no time		
	5 0 M	
PB	00:32.81	
	00:32.81	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+		Heat:2, starttime: 11:37
Heat: 2/6 Lane : 2 Athlete: DHOOGE LIAM		Q-time: 00:39:08
PB (50m pool): 00:39.08 Kortrijk 04/05/2025 PB (25m pool): 00:38.15 SB: no time		
	5 0 M	
PB	00:39.08	
	00:39.08	
		

Coach feedback: