

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

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

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 : 4 Athlete: LUYTEN JULIE		Q-time: 00:35:71
PB (50m pool): 00:35.71 Wezenberg 05/01/2025 PB (25m pool): 00:34.85 SB: no time		
	5 0 M	
PB	00:35.71	
	00:35.71	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 15-16		Heat:4, starttime: 09:04
Heat: 4/5 Lane : 2 Athlete: DE DECKER FEBE		Q-time: 00:34:99
PB (50m pool): 00:34.99 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.60 SB: no time		
	5 0 M	
PB	00:34.99	
	00:34.99	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16		Heat:4, starttime: 09:10
Heat: 4/5 Lane : 4 Athlete: BHIJA TARIQ		Q-time: 00:35:14
PB (50m pool): 00:35.14 Wezenberg 05/01/2025 PB (25m pool): 00:33.83 SB: no time		
	5 0 M	
PB	00:35.14	
	00:35.14	
		

Coach feedback:

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Event number: 2: 50M BREASTSTROKE MEN 15-16						Heat:4, starttime: 09:10	
Heat: 4/5 Lane : 6 Athlete: LISSENS TUUR						Q-time: 00:37:26	
PB (50m pool): 00:37.26 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:37.57 SB: no time							
	5 0 M						
PB	00:37.26						
	00:37.26						
							

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+					Heat:5, starttime: 09:17	
Heat: 5/6 Lane : 5 Athlete: MICHIELS NORE					Q-time: 00:30:12	
PB (50m pool): 00:29.99 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:29.61 SB: no time						
	5 0 M					
PB	00:29.99					
	00:29.99					
						

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+					Heat:6, starttime: 09:18	
Heat: 6/6 Lane : 1 Athlete: METZEMAKERS LéA					Q-time: 00:29:16	
PB (50m pool): no time					PB (25m pool): 00:33.40 SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+						Heat:6, starttime: 09:18	
Heat: 6/6 Lane : 3 Athlete: VAN BRABANDT JULIETTE						Q-time: 00:28:73	
PB (50m pool): 00:28.73 Antwerpen 27/07/2025						PB (25m pool): 00:28.12 SB: no time	
	5 0 M						
PB	00:28.73						
	00:28.73						
							

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:6, starttime: 09:18
Heat: 6/6 Lane : 7 Athlete: NAZARUK NICOLE		Q-time: 00:29:06
PB (50m pool): 00:29.06 Antwerpen 27/04/2025 PB (25m pool): 00:28.74 SB: no time		
	5 0 M	
PB	00:29.06	
	00:29.06	
		

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+		Heat:4, starttime: 09:22
Heat: 4/5 Lane : 4 Athlete: VRANKEN BARTEL		Q-time: 00:24:41
PB (50m pool): 00:24.14 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:23.81 SB: no time		
	5 0 M	
PB	00:24.14	
	00:24.14	
		

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+		Heat:5, starttime: 09:23
Heat: 5/5 Lane : 4 Athlete: VERRETH NOAH		Q-time: 00:22:86
PB (50m pool): 00:23.95 ANTWERPEN 31/07/2022 PB (25m pool): 00:22.02 SB: no time		
	5 0 M	
PB	00:23.95	
	00:23.95	
		

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+		Heat:5, starttime: 09:23
Heat: 5/5 Lane : 6 Athlete: VAN HOEY BILLIET ALEXANDER		Q-time: 00:24:15
PB (50m pool): 00:24.15 Eindhoven 16/03/2025 PB (25m pool): 00:23.01 SB: no time		
	5 0 M	
PB	00:24.15	
	00:24.15	
		

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:6, starttime: 09:49
Heat: 6/6 Lane : 3 Athlete: DELIE VICO			Q-time: 01:14:58
PB (50m pool): 01:14.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:06.67 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.08	01:14.58	
	00:35.08	00:39.50	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 17+			Heat:5, starttime: 10:00
Heat: 5/5 Lane : 3 Athlete: WAERNIERS BERE			Q-time: 00:51:09
PB (50m pool): 00:51.63 Eindhoven 16/03/2025 PB (25m pool): 00:49.63 SB: no time			
	5 0 M	1 0 0 M	
PB	00:24.96	00:51.63	
	00:24.96	00:26.67	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 17+			Heat:5, starttime: 10:00
Heat: 5/5 Lane : 5 Athlete: LAMMENS SEPPE			Q-time: 00:50:94
PB (50m pool): 00:51.55 Eindhoven 16/03/2025 PB (25m pool): 00:49.44 SB: no time			
	5 0 M	1 0 0 M	
PB	00:24.63	00:51.55	
	00:24.63	00:26.92	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16			Heat:5, starttime: 10:07
Heat: 5/6 Lane : 8 Athlete: DE DECKER FEBE			Q-time: 00:39:76
PB (50m pool): 00:39.70 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:38.88 SB: no time			
	5 0 M		
PB	00:39.70		
	00:39.70		
			

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 15-16					Heat:5, starttime: 10:14	
Heat: 5/5 Lane : 1 Athlete: DELIE VICO					Q-time: 00:28:99	
PB (50m pool): 00:28.99 Antwerpen 20/04/2025					PB (25m pool): 00:26.79 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 : 5 Athlete: VAN BRABANDT JULIETTE							Q-time: 00:26:85	
PB (50m pool): 00:26.85 Antwerpen 27/07/2025							PB (25m pool): 00:25.78 SB: no time	
	5 0 M							
PB	00:26.85							
	00:26.85							
								

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+				Heat:5, starttime: 10:19	
Heat: 5/5 Lane : 7 Athlete: NAZARUK NICOLE				Q-time: 00:27:67	
PB (50m pool): 00:27.14 Olympic Pool Wezenberg, Antwer 24/03/2025 PB (25m pool): 00:26.81 SB: no time					
	5 0 M				
PB	00:27.14				
	00:27.14				
					

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+					Heat:6, starttime: 10:26	
Heat: 6/6 Lane : 1 Athlete: LAMMENS SEPPE					Q-time: 00:29:03	
PB (50m pool): 00:29.03 Eindhoven 16/03/2025					PB (25m pool): 00:28.03 SB: no time	
	5 0 M					
PB	00:29.03					
	00:29.03					
						

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 17+			Heat:6, starttime: 10:26
Heat: 6/6 Lane : 6 Athlete: WAERNIERS BERE			Q-time: 00:28:87
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: 12: 50M BACKSTROKE MEN 17+			Heat:6, starttime: 10:26
Heat: 6/6 Lane : 7 Athlete: VRANKEN BARTEL			Q-time: 00:28:95
PB (50m pool): 00:28.19 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.05 SB: no time			
	5 0 M		
PB	00:28.19		
	00:28.19		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:6, starttime: 10:48
Heat: 6/6 Lane : 3 Athlete: LUYTEN JULIE			Q-time: 01:15:13
PB (50m pool): 01:15.69 Antwerpen 20/07/2025 PB (25m pool): 01:12.34 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.47	01:15.69	
	00:35.47	00:40.22	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:6, starttime: 10:59
Heat: 6/6 Lane : 2 Athlete: LISSENS TUUR			Q-time: 01:02:13
PB (50m pool): 01:00.89 Antwerpen 27/07/2025 PB (25m pool): 00:59.76 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.54	01:00.89	
	00:28.54	00:32.35	
			

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:6, starttime: 10:59
Heat: 6/6 Lane : 4 Athlete: BHIJA TARIQ			Q-time: 01:00:02
PB (50m pool): 00:59.07 Antwerpen 27/07/2025			PB (25m pool): 00:57.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.85	00:59.07	
	00:27.85	00:31.22	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 11:06
Heat: 4/4 Lane : 3 Athlete: METZEMAKERS LÉA			Q-time: 00:58:04
PB (50m pool): 00:59.15 ANTWERPEN 23/04/2023			PB (25m pool): 00:58.14 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:59.15	
	no time		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 11:06
Heat: 4/4 Lane : 4 Athlete: MICHIELS NORE			Q-time: 00:56:68
PB (50m pool): 00:56.49 Antwerpen 27/07/2025			PB (25m pool): 00:55.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.35	00:56.49	
	00:27.35	00:29.14	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 17+			Heat:4, starttime: 11:13
Heat: 4/4 Lane : 3 Athlete: VAN HOEY BILLIET ALEXANDER			Q-time: 00:58:22
PB (50m pool): 00:57.38 Antwerpen 27/07/2025			PB (25m pool): 00:53.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.81	00:57.38	
	00:27.81	00:29.57	
			

Coach feedback:

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Event number: 16: 100M BACKSTROKE MEN 17+			Heat:4, starttime: 11:13
Heat: 4/4 Lane : 4 Athlete: VERRETH NOAH			Q-time: 00:54:19
PB (50m pool): 00:54.19 Antwerpen 27/07/2025			PB (25m pool): 00:50.36 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.10	00:54.19	
	00:26.10	00:28.09	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:8, starttime: 11:23
Heat: 8/8 Lane : 8 Athlete: LUYTEN JULIE			Q-time: 00:31:38
PB (50m pool): 00:31.38 Wezenberg 05/01/2025			PB (25m pool): 00:30.78 SB: no time
	5 0 M		
PB	00:31.38		
	00:31.38		
			

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 15-16			Heat:3, starttime: 11:27
Heat: 3/4 Lane : 4 Athlete: DELIE VICO			Q-time: 00:35:01
PB (50m pool): 00:35.33 Brugge 02/03/2024			PB (25m pool): 00:31.55 SB: no time
	5 0 M		
PB	00:35.33		
	00:35.33		
			

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 15-16			Heat:4, starttime: 11:28
Heat: 4/4 Lane : 4 Athlete: BHIJA TARIQ			Q-time: 00:29:64
PB (50m pool): 00:29.64 Wezenberg 05/01/2025			PB (25m pool): 00:28.13 SB: no time
	5 0 M		
PB	00:29.64		
	00:29.64		
			

Coach feedback:

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

Event number: 18: 50M BACKSTROKE MEN 15-16					Heat:4, starttime: 11:28				
Heat: 4/4 Lane : 6 Athlete: LISSENS TUUR					Q-time: 00:30:67				
PB (50m pool): 00:30.67 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.35 SB: no time									
	5 0 M								
PB	00:30.67								
	00:30.67								
									

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+										Heat:5, starttime: 11:35																				
Heat: 5/5 Lane : 4 Athlete: MICHIELS NORE																				Q-time: 00:30:50										
PB (50m pool): 00:30.50 Antwerpen 27/04/2025																				PB (25m pool): 00:29.69 SB: no time										
	5 0 M																													
PB	00:30.50																													
	00:30.50																													
																														

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+										Heat:5, starttime: 11:35	
Heat: 5/5 Lane : 5 Athlete: VAN BRABANDT JULIETTE										Q-time: 00:30:69	
PB (50m pool): 00:30.69 Antwerpen 27/04/2025											

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+					Heat:5, starttime: 11:40				
Heat: 5/6 Lane : 2 Athlete: LAMMENS SEPPE					Q-time: 00:33:67				
PB (50m pool): 00:35.25 Zwembad Brigitte Becue Oostend 27/04/2025 PB (25m pool): 00:34.50 SB: no time									
	5 0 M								
PB	00:35.25								
	00:35.25								
									

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN 17+				Heat:6, starttime: 11:41	
Heat: 6/6 Lane : 5 Athlete: VERRETH NOAH				Q-time: 00:30:01	
PB (50m pool): 00:31.08 Zwembad Brigitte Becue Oostend 27/05/2025 PB (25m pool): 00:29.17 SB: no time					
	5 0 M				
PB	00:31.08				
	00:31.08				
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+							Heat:6, starttime: 11:41	
Heat: 6/6 Lane : 6 Athlete: VAN HOEY BILLIET ALEXANDER							Q-time: 00:30:44	
PB (50m pool): 00:30.44 Eindhoven 16/03/2025							PB (25m pool): 00:30.26 SB: no time	
	5 0 M							
PB	00:30.44							
	00:30.44							
								

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+						Heat:6, starttime: 11:41	
Heat: 6/6 Lane : 8 Athlete: WAERNIERS BERE						Q-time: 00:32:41	
PB (50m pool): no time						PB (25m pool): no time SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback: