

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

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

Coaches: Moers Liesbet

Coaches: Moers Greet

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 : 6 Athlete: VAN ASSCHE FIEN			Q-time: 00:37:34
PB (50m pool): no time			PB (25m pool): 00:37.34 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:1, starttime: 09:13
Heat: 1/6 Lane : 2 Athlete: HOLSTERS MAURA			Q-time: 00:39:67
PB (50m pool): 00:40.00 Antwerp 04/02/2024			PB (25m pool): 00:39.67 SB: no time
	5 0 M		
PB	00:40.00		
	00:40.00		
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 15-16			Heat:4, starttime: 09:45
Heat: 4/6 Lane : 5 Athlete: MARINUS BAS			Q-time: 01:22:67
PB (50m pool): 01:22.67 Antwerpen 13/07/2025			PB (25m pool): 01:20.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.79	01:22.67	
	00:38.79	00:43.88	
			

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN 17+			Heat:1, starttime: 09:54
Heat: 1/5 Lane : 2 Athlete: VERBERCKMOES JASPER			Q-time: 01:07:59
PB (50m pool): 01:07.59 Antwerpen 13/07/2025			PB (25m pool): 01:08.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.49	01:07.59	
	00:32.49	00:35.10	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+			Heat:1, starttime: 10:15
Heat: 1/5 Lane : 5 Athlete: HOLSTERS MAURA			Q-time: 00:35:60
PB (50m pool): 00:35.00 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:34.04 SB: no time
	5 0 M		
PB	00:35.00		
	00:35.00		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:2, starttime: 10:40
Heat: 2/6 Lane : 5 Athlete: VAN ASSCHE FIEN			Q-time: 01:36:67
PB (50m pool): 01:36.67 Antwerpen 13/07/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:46.72	01:36.67	
	00:46.72	00:49.95	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:1, starttime: 10:50
Heat: 1/6 Lane : 4 Athlete: REYNIERS MATTEO			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 15-16			Heat:3, starttime: 10:54
Heat: 3/6 Lane : 3 Athlete: MARINUS BAS			Q-time: 01:18:08
PB (50m pool): 01:18.08 Antwerp 02/02/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:34.61	01:18.08	
	00:34.61	00:43.47	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 17+			Heat:2, starttime: 11:09
Heat: 2/4 Lane : 2 Athlete: VERBERCKMOES JASPER			Q-time: 01:15:47
PB (50m pool): 01:19.53 Antwerpen 13/07/2025			PB (25m pool): 01:15.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.27	01:19.53	
	00:38.27	00:41.26	
			

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 15-16			Heat:2, starttime: 11:25
Heat: 2/4 Lane : 2 Athlete: REYNIERS MATTEO			Q-time: 00:39:08
PB (50m pool): 00:41.10 Antwerpen 13/07/2025			PB (25m pool): 00:39.08 SB: no time
	5 0 M		
PB	00:41.10		
	00:41.10		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:2, starttime: 11:37
Heat: 2/6 Lane : 1 Athlete: VERBERCKMOES JASPER			Q-time: 00:40:05
PB (50m pool): 00:43.05 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:40.05 SB: no time
	5 0 M		
PB	00:43.05		
	00:43.05		
			

Coach feedback: