

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

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

Coaches: Segers Ellen HEADCOACH

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

Event number: 1: 50M BACKSTROKE WOMEN 15-16		Heat:4, starttime: 09:04
Heat: 4/5 Lane : 8 Athlete: LANDRIEU NORA		Q-time: 00:35:67
PB (50m pool): 00:35.67 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:34.00 SB: no time		
	5 0 M	
PB	00:35.67	
	00:35.67	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16		Heat:3, starttime: 09:09
Heat: 3/5 Lane : 2 Athlete: VOLCKAERT THOMAS		Q-time: 00:39:34
PB (50m pool): no time PB (25m pool): 00:39.34 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16		Heat:4, starttime: 09:10
Heat: 4/5 Lane : 1 Athlete: DE BACKER BRENT		Q-time: 00:38:14
PB (50m pool): 00:38.14 Antwerpen 13/07/2025 PB (25m pool): 00:35.53 SB: no time		
	5 0 M	
PB	00:38.14	
	00:38.14	
		

Coach feedback:

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Event number: 2: 50M BREASTSTROKE MEN 15-16						Heat:5, starttime: 09:12	
Heat: 5/5 Lane : 5 Athlete: DE PEYPER MATS						Q-time: 00:32:20	
PB (50m pool): no time						PB (25m pool): 00:32.20 SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+					Heat:3, starttime: 09:21				
Heat: 3/5 Lane : 5 Athlete: PERSOONS EMIEL					Q-time: 00:26:42				
PB (50m pool): 00:28.36 Gent (Rozebroeken) 03/03/2024					PB (25m pool): 00:26.42 SB: no time				
	5 0 M								
PB	00:28.36								
	00:28.36								
									

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+					Heat:3, starttime: 09:21				
Heat: 3/5 Lane : 7 Athlete: DE PEYPER NOAH					Q-time: 00:26:72				
PB (50m pool): 00:26.59 Antwerpen 28/07/2024					PB (25m pool): 00:25.50 SB: no time				
	5 0 M								
PB	00:26.59								
	00:26.59								
									

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+					Heat:4, starttime: 09:22				
Heat: 4/5 Lane : 6 Athlete: VOLCKAERT MATTHIAS					Q-time: 00:25:71				
PB (50m pool): 00:25.56 Gent (Rozebroeken) 03/03/2024					PB (25m pool): 00:24.81 SB: no time				
	5 0 M								
PB	00:25.56								
	00:25.56								
									

Coach feedback:

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Event number: 7: 100M BUTTERFLY WOMEN 17+			Heat:2, starttime: 09:53
Heat: 2/2 Lane : 6 Athlete: DONIN MANON			Q-time: 01:10:03
PB (50m pool): 01:09.69 Antwerpen 28/07/2024			PB (25m pool): 01:08.06 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:09.69	
	no time		
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 17+			Heat:2, starttime: 09:53
Heat: 2/2 Lane : 7 Athlete: DE BACKER BIRGIT			Q-time: 01:12:02
PB (50m pool): 01:12.02 MOUSCRON 29/05/2025			PB (25m pool): 01:09.17 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.85	01:12.02	
	00:32.85	00:39.17	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16			Heat:5, starttime: 10:07
Heat: 5/6 Lane : 2 Athlete: LANDRIEU NORA			Q-time: 00:38:87
PB (50m pool): no time			PB (25m pool): 00:38.87 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 15-16			Heat:1, starttime: 10:09
Heat: 1/5 Lane : 2 Athlete: DE BACKER BRENT			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:33.53 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 15-16		Heat:4, starttime: 10:13
Heat: 4/5 Lane : 6 Athlete: DE PEYPER MATS		Q-time: 00:29:83
PB (50m pool): no time		PB (25m pool): 00:29.83 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 15-16		Heat:4, starttime: 10:13
Heat: 4/5 Lane : 7 Athlete: VOLCKAERT THOMAS		Q-time: 00:30:44
PB (50m pool): 00:30.44 Antwerpen 13/07/2025		PB (25m pool): 00:30.63 SB: no time
	5 0 M	
PB	00:30.44	
	00:30.44	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:4, starttime: 10:18
Heat: 4/5 Lane : 6 Athlete: DE BACKER BIRGIT		Q-time: 00:28:51
PB (50m pool): 00:28.51 Antwerp 09/02/2025		PB (25m pool): 00:27.90 SB: no time
	5 0 M	
PB	00:28.51	
	00:28.51	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:4, starttime: 10:18
Heat: 4/5 Lane : 7 Athlete: DONIN MANON		Q-time: 00:28:74
PB (50m pool): 00:28.56 Antwerpen 21/04/2024		PB (25m pool): 00:27.73 SB: no time
	5 0 M	
PB	00:28.56	
	00:28.56	
		

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 17+			Heat:4, starttime: 10:24
Heat: 4/6 Lane : 5 Athlete: DE PEYPER NOAH			Q-time: 00:31:66
PB (50m pool): 00:31.66 Olympic Pool Wezenberg, Antwer 30/07/25PB (25m pool): 00:30.25 SB: no time			
	5 0 M		
PB	00:31.66		
	00:31.66		
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:4, starttime: 10:24
Heat: 4/6 Lane : 7 Athlete: PERSOONS EMIEL			Q-time: 00:32:38
PB (50m pool): no time PB (25m pool): 00:32.38 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:5, starttime: 10:25
Heat: 5/6 Lane : 4 Athlete: VOLCKAERT MATTHIAS			Q-time: 00:29:84
PB (50m pool): 00:29.84 Antwerpen 27/07/2025 PB (25m pool): 00:28.43 SB: no time			
	5 0 M		
PB	00:29.84		
	00:29.84		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:7, starttime: 11:22
Heat: 7/8 Lane : 8 Athlete: LANDRIEU NORA			Q-time: 00:32:62
PB (50m pool): no time PB (25m pool): 00:32.62 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 17+							Heat:3, starttime: 11:32	
Heat: 3/5 Lane : 2 Athlete: DONIN MANON							Q-time: 00:34:88	
PB (50m pool): 00:37.37 Lago Rozebroeken Gent 05/03/2023 PB (25m pool): 00:34.88 SB: no time								
	5 0 M							
PB	00:37.37							
	00:37.37							
								

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+						Heat:4, starttime: 11:33	
Heat: 4/5 Lane : 8 Athlete: DE BACKER BIRGIT						Q-time: 00:33:84	
PB (50m pool): 00:33.84 MOUSCRON 29/05/2025 PB (25m pool): 00:31.75 SB: no time							
	5 0 M						
PB	00:33.84						
	00:33.84						
							

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+					Heat:5, starttime: 11:40				
Heat: 5/6 Lane : 4 Athlete: DE PEYPER NOAH					Q-time: 00:32:81				
PB (50m pool): 00:32.81 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:31.63 SB: no time									
	5 0 M								
PB	00:32.81								
	00:32.81								
									

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+					Heat:5, starttime: 11:40				
Heat: 5/6 Lane : 6 Athlete: PERSOONS EMIEL					Q-time: 00:33:58				
PB (50m pool): 00:34.64 Antwerpen 28/07/2024					PB (25m pool): 00:33.58 SB: no time				
	5 0 M								
PB	00:34.64								
	00:34.64								
									

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN 17+		Heat:6, starttime: 11:41
Heat: 6/6 Lane : 1 Athlete: VOLCKAERT MATTHIAS		Q-time: 00:32:27
PB (50m pool): 00:35.82 Olympic Pool Wezenberg, Antwer 26/03/25PB (25m pool): 00:32.27 SB: no time		
	5 0 M	
PB	00:35.82	
	00:35.82	
		

Coach feedback: