

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

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

Coaches: Meyers Sepp HEADCOACH

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 : 2 Athlete: DE VOCHT ANNE-JULIE		Q-time: 00:37:85
PB (50m pool): 00:37.85 Antwerpen 20/04/2025 PB (25m pool): 00:36.08 SB: no time		
	5 0 M	
PB	00:37.85	
	00:37.85	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 15-16		Heat:3, starttime: 09:03
Heat: 3/5 Lane : 3 Athlete: VAN DEN BERGH ANNA		Q-time: 00:36:47
PB (50m pool): 00:39.64 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:35.87 SB: no time		
	5 0 M	
PB	00:39.64	
	00:39.64	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+		Heat:2, starttime: 09:14
Heat: 2/6 Lane : 2 Athlete: VAN HOOFF SARA		Q-time: 00:34:32
PB (50m pool): 00:34.32 Wezenberg 05/01/2025 PB (25m pool): 00:33.66 SB: no time		
	5 0 M	
PB	00:34.32	
	00:34.32	
		

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:2, starttime: 09:14
Heat: 2/6 Lane : 3 Athlete: DE RIDDER STERRE			Q-time: 00:33:76
PB (50m pool): 00:33.76 Aalst 11/05/2025			PB (25m pool): 00:32.78 SB: no time
	5 0 M		
PB	00:33.76		
	00:33.76		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:2, starttime: 09:14
Heat: 2/6 Lane : 7 Athlete: VERCAMMEN FLEUR			Q-time: 00:35:01
PB (50m pool): 00:35.01 Wezenberg 05/01/2025			PB (25m pool): 00:35.56 SB: no time
	5 0 M		
PB	00:35.01		
	00:35.01		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+			Heat:5, starttime: 09:17
Heat: 5/6 Lane : 1 Athlete: VAN OSTA NOMI			Q-time: 00:31:17
PB (50m pool): 00:31.17 Antwerpen 27/07/2025			PB (25m pool): 00:29.54 SB: no time
	5 0 M		
PB	00:31.17		
	00:31.17		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:4, starttime: 09:30
Heat: 4/7 Lane : 5 Athlete: VERNIERS NIME			Q-time: 01:17:76
PB (50m pool): 01:17.76 Antwerp 26/01/2025			PB (25m pool): 01:15.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.83	01:17.76	
	00:37.83	00:39.93	
			

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN 17+			Heat:3, starttime: 09:58
Heat: 3/5 Lane : 4 Athlete: MATHIEU JACK			Q-time: 00:57:69
PB (50m pool): 00:57.69 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:56.91 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.59	00:57.69	
	00:27.59	00:30.10	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 17+			Heat:5, starttime: 10:00
Heat: 5/5 Lane : 4 Athlete: LAUREYSSSENS DANIEL			Q-time: 00:50:70
PB (50m pool): 00:50.70 Antwerpen 27/04/2025 PB (25m pool): 00:49.07 SB: 00:51.19 Aalst 20/12/2025			
	5 0 M	1 0 0 M	
PB	00:24.11	00:50.70	
	00:24.11	00:26.59	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 17+			Heat:5, starttime: 10:00
Heat: 5/5 Lane : 6 Athlete: LAUREYSSSENS LUKAS			Q-time: 00:53:09
PB (50m pool): 00:53.09 Antwerp 09/02/2025 PB (25m pool): 00:51.27 SB: no time			
	5 0 M	1 0 0 M	
PB	00:25.35	00:53.09	
	00:25.35	00:27.74	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16			Heat:2, starttime: 10:03
Heat: 2/6 Lane : 3 Athlete: DE VOCHT ANNE-JULIE			Q-time: 00:44:26
PB (50m pool): 00:44.26 Wezenberg 05/01/2025 PB (25m pool): 00:43.94 SB: no time			
	5 0 M		
PB	00:44.26		
	00:44.26		
			

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:3, starttime: 10:17
Heat: 3/5 Lane : 5 Athlete: VERCAMMEN FLEUR		Q-time: 00:29:61
PB (50m pool): 00:29.61 Olympic Pool Wezenberg, Antwer 30/03/25 PB (25m pool): 00:29.40 SB: no time		
	5 0 M	
PB	00:29.61	
	00:29.61	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 17+		Heat:4, starttime: 10:18
Heat: 4/5 Lane : 2 Athlete: VAN OSTA NOMI		Q-time: 00:28:53
PB (50m pool): 00:28.40 Antwerpen 12/02/2023 PB (25m pool): 00:28.00 SB: no time		
	5 0 M	
PB	00:28.40	
	00:28.40	
		

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+		Heat:5, starttime: 10:25
Heat: 5/6 Lane : 8 Athlete: MATHIEU JACK		Q-time: 00:31:60
PB (50m pool): 00:31.60 Antwerpen 20/04/2025 PB (25m pool): 00:29.72 SB: no time		
	5 0 M	
PB	00:31.60	
	00:31.60	
		

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+		Heat:6, starttime: 10:26
Heat: 6/6 Lane : 2 Athlete: LAUREYSSSENS DANIEL		Q-time: 00:28:88
PB (50m pool): 00:28.88 Wezenberg 05/01/2025 PB (25m pool): 00:28.01 SB: no time		
	5 0 M	
PB	00:28.88	
	00:28.88	
		

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 17+			Heat:6, starttime: 10:26
Heat: 6/6 Lane : 5 Athlete: LAUREYSSSENS LUKAS			Q-time: 00:28:43
PB (50m pool): 00:28.43 Antwerpen 20/04/2025			PB (25m pool): 00:27.58 SB: no time
	5 0 M		
PB	00:28.43		
	00:28.43		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:4, starttime: 10:44
Heat: 4/6 Lane : 4 Athlete: VERNIERS NIME			Q-time: 01:25:28
PB (50m pool): 01:23.03 Aalst 20/12/2025			PB (25m pool): 01:25.86 SB: 01:23.03 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:39.98	01:23.03	
	00:39.98	00:43.05	
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:5, starttime: 10:46
Heat: 5/6 Lane : 7 Athlete: VAN DEN BERGH ANNA			Q-time: 01:23:66
PB (50m pool): 01:23.66 Wezenberg Topsportbad, Antwerp 18/02/2025			PB (25m pool): 01:22.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:23.66	
	no time		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 11:02
Heat: 2/4 Lane : 5 Athlete: VAN HOOFF SARA			Q-time: 01:06:43
PB (50m pool): 01:06.43 Antwerp 02/02/2025			PB (25m pool): 01:05.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.46	01:06.43	
	00:31.46	00:34.97	
			

Coach feedback:

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Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:3, starttime: 11:04
Heat: 3/4 Lane : 1 Athlete: DE RIDDER STERRE			Q-time: 01:05:06
PB (50m pool): 01:04.98 Antwerpen 14/07/2024			PB (25m pool): 01:03.38 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:04.98	
	no time		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:5, starttime: 11:20
Heat: 5/8 Lane : 2 Athlete: DE VOCHT ANNE-JULIE			Q-time: 00:35:45
PB (50m pool): 00:35.45 Aalst 11/05/2025			PB (25m pool): 00:33.11 SB: no time
	5 0 M		
PB	00:35.45		
	00:35.45		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:5, starttime: 11:20
Heat: 5/8 Lane : 4 Athlete: VAN DEN BERGH ANNA			Q-time: 00:34:31
PB (50m pool): 00:37.85 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 00:34.31 SB: no time
	5 0 M		
PB	00:37.85		
	00:37.85		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:6, starttime: 11:21
Heat: 6/8 Lane : 8 Athlete: VERNIERS NIME			Q-time: 00:33:76
PB (50m pool): 00:41.13 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 00:33.76 SB: no time
	5 0 M		
PB	00:41.13		
	00:41.13		
			

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 17+			Heat:2, starttime: 11:31
Heat: 2/5 Lane : 1 Athlete: VERCAMMEN FLEUR			Q-time: 00:37:21
PB (50m pool): 00:36.36 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:34.55 SB: no time			
	5 0 M		
PB	00:36.36		
	00:36.36		
			

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 17+			Heat:2, starttime: 11:31
Heat: 2/5 Lane : 5 Athlete: VAN OSTA NOMI			Q-time: 00:35:67
PB (50m pool): 00:34.57 Wezenberg 08/01/2023 PB (25m pool): 00:33.17 SB: no time			
	5 0 M		
PB	00:34.57		
	00:34.57		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:1, starttime: 11:36
Heat: 1/6 Lane : 4 Athlete: LAUREYSSSENS DANIEL			Q-time: 99:99:99
PB (50m pool): 00:32.39 Antwerpen 10/04/2022 PB (25m pool): 00:30.25 SB: no time			
	5 0 M		
PB	00:32.39		
	00:32.39		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:4, starttime: 11:39
Heat: 4/6 Lane : 2 Athlete: MATHIEU JACK			Q-time: 00:34:62
PB (50m pool): 00:39.12 Wezenberg 08/01/2023 PB (25m pool): 00:34.62 SB: no time			
	5 0 M		
PB	00:39.12		
	00:39.12		
			

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN 17+		Heat:6, starttime: 11:41
Heat: 6/6 Lane : 7 Athlete: LAUREYSSSENS LUKAS		Q-time: 00:31:52
PB (50m pool): 00:31.52 Wezenberg 05/01/2025 PB (25m pool): 00:30.98 SB: no time		
	5 0 M	
PB	00:31.52	
	00:31.52	
		

Coach feedback: