

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: HZA

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Cannaerts Jens

Coaches: De Bock Ann HEADCOACH

PB => Personal Best time

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

Event number: 23: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 14:21
Heat: 1/3 Lane : 6 Athlete: DE BOCK MARIE			Q-time: 01:23:56
PB (50m pool): 01:23.56 Wezenberg Topsportbad, Antwerp 18/04/2025 PB (25m pool): 01:19.61 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:23.56	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 14:24
Heat: 2/3 Lane : 7 Athlete: VAN ESPEN LOTTE			Q-time: 01:18:77
PB (50m pool): 01:18.77 Antwerpen 20/04/2025 PB (25m pool): 01:12.52 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.23	01:18.77	
	00:37.23	00:41.54	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 17+			Heat:1, starttime: 14:27
Heat: 1/3 Lane : 5 Athlete: BROWN QUINTEN			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: 25: 50M FREESTYLE WOMEN 15-16			Heat:2, starttime: 14:34
Heat: 2/4 Lane : 2 Athlete: CORTHOUT MIRTE			Q-time: 00:33:15
PB (50m pool): 00:34.25 Antwerpen 16/04/2023			PB (25m pool): 00:33.15 SB: no time
	5 0 M		
PB	00:34.25		
	00:34.25		
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 15-16			Heat:2, starttime: 14:38
Heat: 2/3 Lane : 4 Athlete: GORIS FINN			Q-time: 00:28:43
PB (50m pool): 00:29.67 Antwerpen 20/04/2025			PB (25m pool): 00:28.43 SB: no time
	5 0 M		
PB	00:29.67		
	00:29.67		
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 15-16			Heat:2, starttime: 14:42
Heat: 2/8 Lane : 5 Athlete: VAN RILLAER YINTHE			Q-time: 01:11:95
PB (50m pool): 01:11.25 Antwerpen 14/07/2024			PB (25m pool): 01:08.82 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:11.25	
	no time		
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:2, starttime: 15:07
Heat: 2/6 Lane : 2 Athlete: DE BOCK MARIE			Q-time: 00:45:30
PB (50m pool): 00:45.30 Wezenberg 05/01/2025			PB (25m pool): 00:44.06 SB: no time
	5 0 M		
PB	00:45.30		
	00:45.30		
			

Coach feedback:

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Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:4, starttime: 15:10
Heat: 4/6 Lane : 1 Athlete: VAN ESPEN LOTTE			Q-time: 00:41:14
PB (50m pool): 00:43.06 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:41.14 SB: no time			
	5 0 M		
PB	00:43.06		
	00:43.06		
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:4, starttime: 15:10
Heat: 4/6 Lane : 6 Athlete: WIJCKMANS LENE			Q-time: 00:40:12
PB (50m pool): 00:41.90 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:40.07 SB: no time			
	5 0 M		
PB	00:41.90		
	00:41.90		
			

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN 17+			Heat:2, starttime: 15:15
Heat: 2/6 Lane : 4 Athlete: ARIJS KYAN			Q-time: 00:31:08
PB (50m pool): 00:31.08 Antwerpen 13/07/2025 PB (25m pool): 00:34.30 SB: no time			
	5 0 M		
PB	00:31.08		
	00:31.08		
			

Coach feedback:

Event number: 32: 100M BUTTERFLY MEN 17+			Heat:1, starttime: 15:24
Heat: 1/3 Lane : 5 Athlete: BROWN QUINTEN			Q-time: 01:09:37
PB (50m pool): 01:09.37 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:06.14 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.49	01:09.37	
	00:31.49	00:37.88	
			

Coach feedback: