

# Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: KST

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

Coaches: Van Herzeele Peggy

Coaches: Michielsens Noor

Coaches: Stabel Siegfried HEADCOACH

PB => Personal Best time

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

| Event number: 22: 100M BACKSTROKE MEN 15-16    |           |           | Heat:2, starttime: 14:10            |
|------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/7 Lane : 2 Athlete: VAN MECHGELEN RUBE |           |           | Q-time: 01:18:37                    |
| PB (50m pool): 01:22.00 Wezenberg 05/01/2025   |           |           | PB (25m pool): 01:18.37 SB: no time |
| PB                                             | 5 0 M     | 1 0 0 M   |                                     |
|                                                | 00:40.13  | 01:22.00  |                                     |
|                                                | 00:40.13  | 00:41.87  |                                     |
|                                                | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 22: 100M BACKSTROKE MEN 15-16    |           |           | Heat:3, starttime: 14:12            |
|------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 3/7 Lane : 3 Athlete: VAN MECHGELEN ARNE |           |           | Q-time: 01:15:73                    |
| PB (50m pool): 01:19.28 Wezenberg 05/01/2025   |           |           | PB (25m pool): 01:15.73 SB: no time |
| PB                                             | 5 0 M     | 1 0 0 M   |                                     |
|                                                | 00:38.84  | 01:19.28  |                                     |
|                                                | 00:38.84  | 00:40.44  |                                     |
|                                                | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 22: 100M BACKSTROKE MEN 15-16  |           |           | Heat:4, starttime: 14:14            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/7 Lane : 7 Athlete: STABEL JASPER    |           |           | Q-time: 01:15:16                    |
| PB (50m pool): 01:16.75 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:15.16 SB: no time |
| PB                                           | 5 0 M     | 1 0 0 M   |                                     |
|                                              | 00:37.56  | 01:16.75  |                                     |
|                                              | 00:37.56  | 00:39.19  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

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|                                                    |              |                |                                     |
|----------------------------------------------------|--------------|----------------|-------------------------------------|
| <b>Event number: 23: 100M BACKSTROKE WOMEN 17+</b> |              |                | <b>Heat:1, starttime: 14:21</b>     |
| <b>Heat: 1/3 Lane : 3 Athlete: LAUWERS LOTTE</b>   |              |                | <b>Q-time: 01:23:38</b>             |
| PB (50m pool): 01:23.38 Wezenberg 05/01/2025       |              |                | PB (25m pool): 01:20.18 SB: no time |
|                                                    | <b>5 0 M</b> | <b>1 0 0 M</b> |                                     |
| PB                                                 | 00:41.21     | 01:23.38       |                                     |
|                                                    | 00:41.21     | 00:42.17       |                                     |
|                                                    | . . . . .    | . . . . .      |                                     |

Coach feedback:

|                                                        |              |  |                                     |
|--------------------------------------------------------|--------------|--|-------------------------------------|
| <b>Event number: 25: 50M FREESTYLE WOMEN 15-16</b>     |              |  | <b>Heat:2, starttime: 14:34</b>     |
| <b>Heat: 2/4 Lane : 1 Athlete: VAN GESTEL FRAN</b>     |              |  | <b>Q-time: 00:33:31</b>             |
| PB (50m pool): 00:34.02 Lago Kortrijk Weide 28/04/2024 |              |  | PB (25m pool): 00:33.31 SB: no time |
|                                                        | <b>5 0 M</b> |  |                                     |
| PB                                                     | 00:34.02     |  |                                     |
|                                                        | 00:34.02     |  |                                     |
|                                                        | . . . . .    |  |                                     |

Coach feedback:

|                                                     |              |                |                                     |
|-----------------------------------------------------|--------------|----------------|-------------------------------------|
| <b>Event number: 27: 100M FREESTYLE WOMEN 15-16</b> |              |                | <b>Heat:2, starttime: 14:42</b>     |
| <b>Heat: 2/8 Lane : 4 Athlete: VAN MECHELEN ZOë</b> |              |                | <b>Q-time: 01:11:76</b>             |
| PB (50m pool): 01:14.69 Mol 22/06/2025              |              |                | PB (25m pool): 01:10.54 SB: no time |
|                                                     | <b>5 0 M</b> | <b>1 0 0 M</b> |                                     |
| PB                                                  | 00:36.31     | 01:14.69       |                                     |
|                                                     | 00:36.31     | 00:38.38       |                                     |
|                                                     | . . . . .    | . . . . .      |                                     |

Coach feedback:

|                                                     |              |                |                                     |
|-----------------------------------------------------|--------------|----------------|-------------------------------------|
| <b>Event number: 27: 100M FREESTYLE WOMEN 15-16</b> |              |                | <b>Heat:6, starttime: 14:49</b>     |
| <b>Heat: 6/8 Lane : 4 Athlete: LAUWERS SOFIE</b>    |              |                | <b>Q-time: 01:04:54</b>             |
| PB (50m pool): 01:05.57 Antwerp 26/01/2025          |              |                | PB (25m pool): 01:04.54 SB: no time |
|                                                     | <b>5 0 M</b> | <b>1 0 0 M</b> |                                     |
| PB                                                  | 00:31.48     | 01:05.57       |                                     |
|                                                     | 00:31.48     | 00:34.09       |                                     |
|                                                     | . . . . .    | . . . . .      |                                     |

Coach feedback:

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| Event number: 28: 100M FREESTYLE MEN 15-16     |           |           | Heat:2, starttime: 14:55            |
|------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 4 Athlete: VAN MECHGELEN ARNE |           |           | Q-time: 01:06:38                    |
| PB (50m pool): 01:08.38 Antwerp 02/02/2025     |           |           | PB (25m pool): 01:06.38 SB: no time |
|                                                | 5 0 M     | 1 0 0 M   |                                     |
| PB                                             | 00:32.51  | 01:08.38  |                                     |
|                                                | 00:32.51  | 00:35.87  |                                     |
|                                                | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 15-16     |           |           | Heat:2, starttime: 14:55            |
|------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 8 Athlete: VAN MECHGELEN RUBE |           |           | Q-time: 01:09:49                    |
| PB (50m pool): 01:10.39 Antwerp 02/02/2025     |           |           | PB (25m pool): 01:09.49 SB: no time |
|                                                | 5 0 M     | 1 0 0 M   |                                     |
| PB                                             | 00:34.10  | 01:10.39  |                                     |
|                                                | 00:34.10  | 00:36.29  |                                     |
|                                                | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 15-16   |           |           | Heat:5, starttime: 15:00            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/8 Lane : 5 Athlete: STABEL JASPER    |           |           | Q-time: 01:01:28                    |
| PB (50m pool): 01:04.60 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:01.28 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:30.61  | 01:04.60  |                                     |
|                                              | 00:30.61  | 00:33.99  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 30: 50M BUTTERFLY MEN 17+      |           |  | Heat:5, starttime: 15:18            |
|----------------------------------------------|-----------|--|-------------------------------------|
| Heat: 5/6 Lane : 2 Athlete: LEYSEN MICHEL    |           |  | Q-time: 00:28:01                    |
| PB (50m pool): 00:27.62 ANTWERPEN 30/07/2023 |           |  | PB (25m pool): 00:27.17 SB: no time |
|                                              | 5 0 M     |  |                                     |
| PB                                           | 00:27.62  |  |                                     |
|                                              | 00:27.62  |  |                                     |
|                                              | . . . . . |  |                                     |

Coach feedback:

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| Event number: 31: 100M BREASTSTROKE WOMEN 17+ |           |           | Heat:1, starttime: 15:20            |
|-----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/2 Lane : 4 Athlete: CAMPFORTS FIEN    |           |           | Q-time: 01:26:22                    |
| PB (50m pool): 01:29.84 Antwerp 02/02/2025    |           |           | PB (25m pool): 01:26.12 SB: no time |
|                                               | 5 0 M     | 1 0 0 M   |                                     |
| PB                                            | 00:42.13  | 01:29.84  |                                     |
|                                               | 00:42.13  | 00:47.71  |                                     |
|                                               | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 31: 100M BREASTSTROKE WOMEN 17+          |           |           | Heat:1, starttime: 15:20            |
|--------------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/2 Lane : 7 Athlete: LAUWERS LOTTE              |           |           | Q-time: 01:34:84                    |
| PB (50m pool): 01:34.31 Wezenberg Antwerpen 07/01/2024 |           |           | PB (25m pool): 01:31.66 SB: no time |
|                                                        | 5 0 M     | 1 0 0 M   |                                     |
| PB                                                     | 00:45.21  | 01:34.31  |                                     |
|                                                        | 00:45.21  | 00:49.10  |                                     |
|                                                        | . . . . . | . . . . . |                                     |

Coach feedback: