

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

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

Coaches: Lissens Jeroen HEADCOACH

Coaches: Vanmeerbeek Rob

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

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:1, starttime: 14:08
Heat: 1/7 Lane : 1 Athlete: VANDERLINDEN ROALD			Q-time: 99:99:99
PB (50m pool): 01:20.63 Woluwe-Saint-Pierre 16/03/2024			PB (25m pool): 01:17.16SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:20.63	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:5, starttime: 14:16
Heat: 5/7 Lane : 7 Athlete: SPADEA MATTIA			Q-time: 01:11:08
PB (50m pool): 01:17.79 Antwerpen 13/07/2025			PB (25m pool): 01:11.08SB: no time
	5 0 M	1 0 0 M	
PB	00:38.08	01:17.79	
	00:38.08	00:39.71	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:6, starttime: 14:18
Heat: 6/7 Lane : 1 Athlete: BOBEV BOYAN			Q-time: 01:08:83
PB (50m pool): 01:11.99 Olympic Pool Wezenberg, Antwer 30/07/2025			PB (25m pool): 01:08.83SB: no time
	5 0 M	1 0 0 M	
PB	00:35.32	01:11.99	
	00:35.32	00:36.67	
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:6, starttime: 14:18
Heat: 6/7 Lane : 8 Athlete: VRANCKX BOUDEWIJN			Q-time: 01:09:13
PB (50m pool): 01:12.57 Antwerpen 13/07/2025			PB (25m pool): 01:09.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.28	01:12.57	
	00:36.28	00:36.29	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:7, starttime: 14:20
Heat: 7/7 Lane : 5 Athlete: BERLAMONT DAAN			Q-time: 00:59:70
PB (50m pool): 01:02.07 Antwerpen 27/07/2025			PB (25m pool): 00:59.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.44	01:02.07	
	00:30.44	00:31.63	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 14:21
Heat: 1/3 Lane : 8 Athlete: VANDERLINDEN SIRI			Q-time: 99:99:99
PB (50m pool): 01:08.09 Woluwe-Saint-Pierre 16/03/2024			PB (25m pool): 01:04.13 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:08.09	
	no time		
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 17+			Heat:2, starttime: 14:29
Heat: 2/3 Lane : 3 Athlete: SOMEI THIBAUT			Q-time: 01:24:19
PB (50m pool): 01:25.65 Antwerpen 13/07/2025			PB (25m pool): 01:22.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.74	01:25.65	
	00:38.74	00:46.91	
			

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 15-16			Heat:7, starttime: 14:50
Heat: 7/8 Lane : 4 Athlete: THYS LENA			Q-time: 01:03:16
PB (50m pool): 01:05.35 Antwerp 26/01/2025			PB (25m pool): 01:03.16 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.02	01:05.35	
	00:31.02	00:34.33	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 15-16			Heat:3, starttime: 14:57
Heat: 3/8 Lane : 3 Athlete: SPADEA MATTIA			Q-time: 01:04:69
PB (50m pool): 01:06.52 Antwerpen 13/07/2025			PB (25m pool): 01:04.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.13	01:06.52	
	00:32.13	00:34.39	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 15-16			Heat:5, starttime: 15:00
Heat: 5/8 Lane : 4 Athlete: VRANCKX BOUDEWIJN			Q-time: 01:00:94
PB (50m pool): 01:03.40 Antwerpen 13/07/2025			PB (25m pool): 00:59.99 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.02	01:03.40	
	00:31.02	00:32.38	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 15-16			Heat:5, starttime: 15:00
Heat: 5/8 Lane : 7 Athlete: VANDERLINDEN ROALD			Q-time: 01:02:69
PB (50m pool): 01:02.69 Antwerpen 20/07/2025			PB (25m pool): 01:02.95 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:02.69	
	no time		
			

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 15-16			Heat:7, starttime: 15:03
Heat: 7/8 Lane : 6 Athlete: BOBEV BOYAN			Q-time: 00:57:91
PB (50m pool): 00:59.70 Antwerpen 13/07/2025			PB (25m pool): 00:57.91 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.66	00:59.70	
	00:28.66	00:31.04	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 15-16			Heat:8, starttime: 15:05
Heat: 8/8 Lane : 3 Athlete: ZOUHRI AMIR			Q-time: 00:54:47
PB (50m pool): 00:56.62 Antwerpen 27/07/2025			PB (25m pool): 00:54.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.15	00:56.62	
	00:27.15	00:29.47	
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 15-16			Heat:8, starttime: 15:05
Heat: 8/8 Lane : 4 Athlete: BERLAMONT DAAN			Q-time: 00:52:83
PB (50m pool): 00:54.60 Antwerpen 27/07/2025			PB (25m pool): 00:52.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.65	00:54.60	
	00:26.65	00:27.95	
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:1, starttime: 15:06
Heat: 1/6 Lane : 3 Athlete: VANDERLINDEN SIRI			Q-time: 99:99:99
PB (50m pool): 00:37.99 Zwembad Brigitte Becue Oostend 10/05/25			PB (25m pool): 00:35.63 SB: no time
	5 0 M		
PB	00:37.99		
	00:37.99		
			

Coach feedback:

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Event number: 32: 100M BUTTERFLY MEN 17+					Heat:1, starttime: 15:24	
Heat: 1/3 Lane : 7 Athlete: SOMEI THIBAUT					Q-time: 99:99:99	
PB (50m pool): 01:20.64 Antwerpen 14/07/2024					PB (25m pool): 01:12.02 SB: no time	
	5 0 M	1 0 0 M				
PB	no time	01:20.64				
	no time					
						

Coach feedback:

Event number: 32: 100M BUTTERFLY MEN 17+						Heat:3, starttime: 15:27	
Heat: 3/3 Lane : 6 Athlete: SPADEA TOMMASO						Q-time: 00:59:59	
PB (50m pool): 00:59.59 Antwerpen 27/04/2025						PB (25m pool): 00:58.52 SB: no time	
	5 0 M		1 0 0 M				
PB	00:27.52		00:59.59				
	00:27.52		00:32.07				
							

Coach feedback:

Event number: 38: 4x50M MEDLEY MIXED 15+				Heat:2, starttime: 15:34	
Heat: 2/2 Lane : 5 Athlete: TEAM LAQUA 1				Q-time: 01:56:04	
PB (50m pool):		PB (25m pool):		SB:	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
					

Coach feedback: