

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 23: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 14:21
Heat: 1/3 Lane : 4 Athlete: DE RIDDER STERRE			Q-time: 01:19:68
PB (50m pool): 01:19.37 Antwerpen 14/07/2024			PB (25m pool): 01:16.93 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:19.37	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 14:24
Heat: 2/3 Lane : 6 Athlete: VAN HOOFF SARA			Q-time: 01:18:56
PB (50m pool): 01:18.04 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:16.50 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.53	01:18.04	
	00:37.53	00:40.51	
			

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 15-16			Heat:2, starttime: 14:34
Heat: 2/4 Lane : 4 Athlete: VAN DEN BERGH ANNA			Q-time: 00:30:90
PB (50m pool): 00:30.90 Aalst 11/05/2025			PB (25m pool): 00:29.90 SB: no time
	5 0 M		
PB	00:30.90		
	00:30.90		
			

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 15-16			Heat:4, starttime: 14:46
Heat: 4/8 Lane : 5 Athlete: DE VOCHT ANNE-JULIE			Q-time: 01:08:21
PB (50m pool): 01:08.21 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:06.86 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.25	01:08.21	
	00:32.25	00:35.96	
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 15-16			Heat:5, starttime: 14:47
Heat: 5/8 Lane : 5 Athlete: VERNIERS NIME			Q-time: 01:06:64
PB (50m pool): 01:06.64 Antwerp 26/01/2025 PB (25m pool): 01:04.18 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.37	01:06.64	
	00:32.37	00:34.27	
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:2, starttime: 15:07
Heat: 2/6 Lane : 5 Athlete: VAN HOOFF SARA			Q-time: 00:43:89
PB (50m pool): 00:43.36 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:40.88 SB: no time			
	5 0 M		
PB	00:43.36		
	00:43.36		
			

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN 17+			Heat:4, starttime: 15:17
Heat: 4/6 Lane : 3 Athlete: MATHIEU JACK			Q-time: 00:28:68
PB (50m pool): 00:28.68 Aalst 11/05/2025 PB (25m pool): 00:28.00 SB: no time			
	5 0 M		
PB	00:28.68		
	00:28.68		
			

Coach feedback:

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Event number: 30: 50M BUTTERFLY MEN 17+		Heat:6, starttime: 15:19
Heat: 6/6 Lane : 8 Athlete: LAUREYSSSENS LUKAS		Q-time: 00:26:38
PB (50m pool): 00:26.38 Antwerpen 27/07/2025		PB (25m pool): 00:26.32 SB: no time
	5 0 M	
PB	00:26.38	
	00:26.38	
		

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 17+		Heat:1, starttime: 15:20
Heat: 1/2 Lane : 6 Athlete: DE RIDDER STERRE		Q-time: 01:32:30
PB (50m pool): 01:30.60 Antwerpen 14/07/2024		PB (25m pool): 01:30.72 SB: no time
	5 0 M	1 0 0 M
PB	no time	01:30.60
	no time	
		

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 17+		Heat:2, starttime: 15:22
Heat: 2/2 Lane : 3 Athlete: VERCAMMEN FLEUR		Q-time: 01:15:98
PB (50m pool): 01:15.98 Antwerpen 27/07/2025		PB (25m pool): 01:15.06 SB: no time
	5 0 M	1 0 0 M
PB	00:34.71	01:15.98
	00:34.71	00:41.27
		

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 17+		Heat:2, starttime: 15:22
Heat: 2/2 Lane : 6 Athlete: VAN OSTA NOMI		Q-time: 01:18:09
PB (50m pool): 01:17.45 ANTWERPEN 30/07/2023		PB (25m pool): 01:15.39 SB: no time
	5 0 M	1 0 0 M
PB	no time	01:17.45
	no time	
		

Coach feedback:

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Event number: 32: 100M BUTTERFLY MEN 17+			Heat:3, starttime: 15:27
Heat: 3/3 Lane : 4 Athlete: LAUREYSSSENS DANIEL			Q-time: 00:54:89
PB (50m pool): 00:54.89 Antwerpen 27/04/2025 PB (25m pool): 00:52.95 SB: no time			
	5 0 M	1 0 0 M	
PB	00:25.61	00:54.89	
	00:25.61	00:29.28	
			

Coach feedback: