

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

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

PB => Personal Best time

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

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:1, starttime: 09:00
Heat: 1/3 Lane : 4 Athlete: VANMECHELEN KATO		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:45.52 SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:2, starttime: 09:02
Heat: 2/3 Lane : 2 Athlete: SMEETS LOU		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14		Heat:1, starttime: 09:09
Heat: 1/6 Lane : 5 Athlete: KERCKHOFS WOUKE		Q-time: 00:49:53
PB (50m pool): 00:49.53 Antwerp 02/02/2025		PB (25m pool): 00:55.00 SB: no time
PB	5 0 M	
	00:49.53	
	00:49.53	
		

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN 13-14							Heat:1, starttime: 09:16		
Heat: 1/2 Lane : 3 Athlete: VANINBROUKX TOON							Q-time: 00:37:86		
PB (50m pool): no time							PB (25m pool): 00:37.86 SB: no time		
	5 0 M								
PB	no time								
	no time								
									

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 13-14										Heat:2, starttime: 09:17																				
Heat: 2/2 Lane : 5 Athlete: PROUVé VIKTOR																				Q-time: 00:31:22										
PB (50m pool): 00:31.22 Antwerpen 20/04/2025																				PB (25m pool): 00:29.79 SB: no time										
	5 0 M																													
PB	00:31.22																													
	00:31.22																													
																														

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 13-14					Heat:2, starttime: 09:17	
Heat: 2/2 Lane : 8 Athlete: JAMAR ALEXANDER					Q-time: 00:35:99	
PB (50m pool): no time					PB (25m pool): 00:35.99 SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:6, starttime: 09:30		
Heat: 6/6 Lane : 1 Athlete: GHOOS KATO			Q-time: 01:24:80		
PB (50m pool): 01:24.80 SportinGenk Park 11/11/2025			PB (25m pool): 01:21.59 SB: 01:24.80 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M			
PB	no time	01:24.80			
	no time				
					

Coach feedback:

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Event number: 9: 50M BREASTSTROKE WOMEN 11-12										Heat:2, starttime: 10:07	
Heat: 2/4 Lane : 2 Athlete: SMEETS LOU										Q-time: 99:99:99	
PB (50m pool): no time										PB (25m pool): no time SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11-12										Heat:4, starttime: 10:10	
Heat: 4/4 Lane : 2 Athlete: VANMECHELEN KATO										Q-time: 00:45:83	
PB (50m pool): no time										PB (25m pool): 00:45.83 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 13-14							Heat:2, starttime: 10:19	
Heat: 2/2 Lane : 8 Athlete: KERCKHOFS WOUKE							Q-time: 00:35:39	
PB (50m pool): 00:41.50 Antwerp 14/04/2024							PB (25m pool): 00:35.39 SB: no time	
	5 0 M							
PB	00:41.50							
	00:41.50							
								

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 13-14							Heat:2, starttime: 10:22		
Heat: 2/3 Lane : 2 Athlete: JAMAR ALEXANDER							Q-time: 00:44:96		
PB (50m pool): no time							PB (25m pool): 00:44.96 SB: no time		
	5 0 M								
PB	no time								
	no time								
									

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 13-14			Heat:2, starttime: 10:22
Heat: 2/3 Lane : 8 Athlete: VANINBROUKX TOON			Q-time: 00:48:56
PB (50m pool): no time PB (25m pool): 00:48.56 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 10:42
Heat: 4/6 Lane : 5 Athlete: GHOOS KATO			Q-time: 01:42:79
PB (50m pool): 01:42.79 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:36.87 SB: no time			
	5 0 M	1 0 0 M	
PB	00:48.91	01:42.79	
	00:48.91	00:53.88	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:7, starttime: 11:22
Heat: 7/8 Lane : 5 Athlete: PROUVé VIKTOR			Q-time: 01:15:63
PB (50m pool): 01:15.63 Antwerpen 20/07/2025 PB (25m pool): 01:12.00 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.79	01:15.63	
	00:36.79	00:38.84	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:2, starttime: 11:28
Heat: 2/8 Lane : 4 Athlete: SMEETS LOU			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 00:50.56 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 17: 50M BUTTERFLY WOMEN 11-12							Heat:2, starttime: 11:28		
Heat: 2/8 Lane : 5 Athlete: VANMECHELEN KATO							Q-time: 99:99:99		
PB (50m pool): no time							PB (25m pool): no time SB: no time		
	5 0 M								
PB	no time								
	no time								
	no time								
									

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12							Heat:5, starttime: 11:32		
Heat: 5/8 Lane : 6 Athlete: GHOOS KATO							Q-time: 00:45:01		
PB (50m pool): 00:45.01 Antwerp 02/02/2025							PB (25m pool): 00:38.51 SB: no time		
	5 0 M								
PB	00:45.01								
	00:45.01								
									

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14										Heat:1, starttime: 11:42	
Heat: 1/2 Lane : 1 Athlete: VANINBROUKX TOON										Q-time: 99:99:99	
PB (50m pool): no time										PB (25m pool): no time SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:44				
Heat: 2/2 Lane : 5 Athlete: PROUVé VIKTOR					Q-time: 00:42:63				
PB (50m pool): 00:42.63 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:42.28 SB: no time									
	5 0 M								
PB	00:42.63								
	00:42.63								
									

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:2, starttime: 11:44
Heat: 2/2 Lane : 6 Athlete: JAMAR ALEXANDER		Q-time: 00:43:85
PB (50m pool): no time PB (25m pool): 00:43.85 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback: