

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

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

Coaches: Vanmeerbeek Rob

Coaches: Delport Titia HEADCOACH

Coaches: Mous Anke

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

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 09:03
Heat: 3/3 Lane : 4 Athlete: ROGIERS LAYLA		Q-time: 00:35:28
PB (50m pool): 00:38.06 Antwerpen 20/04/2025 PB (25m pool): 00:35.28 SB: no time		
PB	5 0 M	
	00:38.06	
	00:38.06	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 09:03
Heat: 3/3 Lane : 6 Athlete: SOARES ALMEIDA ANNA		Q-time: 00:39:20
PB (50m pool): 00:42.67 Antwerpen 20/04/2025 PB (25m pool): 00:39.20 SB: no time		
PB	5 0 M	
	00:42.67	
	00:42.67	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-12		Heat:3, starttime: 09:07
Heat: 3/3 Lane : 3 Athlete: RATIU THOMAS		Q-time: 00:44:22
PB (50m pool): 00:44.94 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:44.22 SB: no time		
PB	5 0 M	
	00:44.94	
	00:44.94	
		

Coach feedback:

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Event number: 2: 50M BREASTSTROKE MEN 11-12						Heat:3, starttime: 09:07	
Heat: 3/3 Lane : 4 Athlete: GINKELS ROBBE						Q-time: 00:41:38	
PB (50m pool): 00:45.36 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:41.38 SB: no time							
	5 0 M						
PB	00:45.36						
	00:45.36						
							

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14						Heat:2, starttime: 09:10	
Heat: 2/6 Lane : 1 Athlete: BOBEVA DARA						Q-time: 00:48:07	
PB (50m pool): 00:48.07 Antwerp 02/02/2025						PB (25m pool): 00:48.64 SB: no time	
	5 0 M						
PB	00:48.07						
	00:48.07						
							

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14					Heat:3, starttime: 09:11	
Heat: 3/6 Lane : 1 Athlete: GADEYNE OLIVIA					Q-time: 00:44:16	
PB (50m pool): 00:44.16 Antwerp 02/02/2025						

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14						Heat:4, starttime: 09:13	
Heat: 4/6 Lane : 5 Athlete: VANHEULE LÉA						Q-time: 00:37:24	
PB (50m pool): 00:40.74 SportinGenk Park 21/04/2025						PB (25m pool): 00:37.24 SB: no time	
	5 0 M						
PB	00:40.74						
	00:40.74						
							

Coach feedback:

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Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 09:21
Heat: 2/6 Lane : 5 Athlete: DE RYCK HANNE			Q-time: 01:38:82
PB (50m pool): no time			PB (25m pool): 01:34.92 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 09:28
Heat: 5/6 Lane : 6 Athlete: TYAGI YASHWINI			Q-time: 01:27:19
PB (50m pool): 01:31.65 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:27.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.21	01:31.65	
	00:45.21	00:46.44	

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:6, starttime: 09:30
Heat: 6/6 Lane : 4 Athlete: ANTIPINA ALEXANDRA			Q-time: 01:17:06
PB (50m pool): 01:22.66 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:17.06 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.15	01:22.66	
	00:40.15	00:42.51	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 09:48
Heat: 4/4 Lane : 6 Athlete: GINKELS FEBE			Q-time: 01:12:84
PB (50m pool): 01:14.63 Antwerpen 13/07/2025			PB (25m pool): 01:12.84 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.96	01:14.63	
	00:34.96	00:39.67	

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN 13-14			Heat:3, starttime: 09:54
Heat: 3/9 Lane : 7 Athlete: DERAEMAECKER LANDER			Q-time: 01:16:41
PB (50m pool): 01:16.58 Antwerpen 13/07/2025			PB (25m pool): 01:16.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.29	01:16.58	
	00:37.29	00:39.29	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:6, starttime: 09:59
Heat: 6/9 Lane : 6 Athlete: NAUDé DANIël			Q-time: 01:09:07
PB (50m pool): 01:12.58 Antwerpen 13/07/2025			PB (25m pool): 01:09.07 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.19	01:12.58	
	00:34.19	00:38.39	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:7, starttime: 10:01
Heat: 7/9 Lane : 7 Athlete: DERAEMAECKER MATHIAS			Q-time: 01:07:92
PB (50m pool): 01:08.29 Antwerpen 13/07/2025			PB (25m pool): 01:07.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.50	01:08.29	
	00:33.50	00:34.79	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:8, starttime: 10:03
Heat: 8/9 Lane : 6 Athlete: VERNIMMEN NICHOLAS			Q-time: 01:06:03
PB (50m pool): 01:07.73 Antwerpen 13/07/2025			PB (25m pool): 01:06.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.34	01:07.73	
	00:33.34	00:34.39	
			

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN 13-14			Heat:9, starttime: 10:04
Heat: 9/9 Lane : 3 Athlete: RATIU MATHEO			Q-time: 01:01:92
PB (50m pool): 01:06.22 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:01.92 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.91	01:06.22	
	00:31.91	00:34.31	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 10:10
Heat: 4/4 Lane : 3 Athlete: ANTIPINA ALEXANDRA			Q-time: 00:44:25
PB (50m pool): 00:47.12 Antwerpen 20/04/2025 PB (25m pool): 00:44.25 SB: no time			
	5 0 M		
PB	00:47.12		
	00:47.12		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 10:10
Heat: 4/4 Lane : 4 Athlete: ROGIERS LAYLA			Q-time: 00:38:66
PB (50m pool): 00:40.89 Antwerpen 20/04/2025 PB (25m pool): 00:38.66 SB: no time			
	5 0 M		
PB	00:40.89		
	00:40.89		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11-12			Heat:5, starttime: 10:17
Heat: 5/5 Lane : 4 Athlete: RATIU THOMAS			Q-time: 00:33:95
PB (50m pool): 00:36.65 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.95 SB: no time			
	5 0 M		
PB	00:36.65		
	00:36.65		
			

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 10:40
Heat: 3/6 Lane : 1 Athlete: DE RYCK HANNE			Q-time: 01:51:51
PB (50m pool): 01:53.70 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:51.51 SB: no time			
	5 0 M	1 0 0 M	
PB	00:55.32	01:53.70	
	00:55.32	00:58.38	
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:5, starttime: 10:44
Heat: 5/6 Lane : 1 Athlete: TYAGI YASHWINI			Q-time: 01:40:25
PB (50m pool): 01:44.00 Woluwe-Saint-Pierre 29/03/2025 PB (25m pool): 01:40.25 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:44.00	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:6, starttime: 10:46
Heat: 6/6 Lane : 3 Athlete: SOARES ALMEIDA ANNA			Q-time: 01:30:01
PB (50m pool): 01:31.70 Antwerpen 20/07/2025 PB (25m pool): 01:30.01 SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.52	01:31.70	
	00:43.52	00:48.18	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 11-12			Heat:2, starttime: 10:51
Heat: 2/2 Lane : 4 Athlete: GINKELS ROBBE			Q-time: 01:12:21
PB (50m pool): 01:17.59 Antwerpen 20/07/2025 PB (25m pool): 01:12.21 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.26	01:17.59	
	00:36.26	00:41.33	
			

Coach feedback:

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Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:2, starttime: 10:55
Heat: 2/9 Lane : 4 Athlete: BOBEVA DARA			Q-time: 01:22:12
PB (50m pool): 01:22.12 Antwerpen 13/07/2025			PB (25m pool): 01:22.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.08	01:22.12	
	00:39.08	00:43.04	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:3, starttime: 10:57
Heat: 3/9 Lane : 4 Athlete: GADEYNE OLIVIA			Q-time: 01:18:09
PB (50m pool): 01:21.76 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:12.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.27	01:21.76	
	00:39.27	00:42.49	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:3, starttime: 10:57
Heat: 3/9 Lane : 6 Athlete: VANHEULE LÉA			Q-time: 01:20:08
PB (50m pool): 01:20.08 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:11.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.33	01:20.08	
	00:37.33	00:42.75	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:9, starttime: 11:07
Heat: 9/9 Lane : 6 Athlete: GINKELS FEBE			Q-time: 01:03:67
PB (50m pool): 01:07.17 Antwerpen 20/07/2025			PB (25m pool): 01:03.67 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.16	01:07.17	
	00:32.16	00:35.01	
			

Coach feedback:

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Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:3, starttime: 11:14
Heat: 3/8 Lane : 2 Athlete: DERAEMAECKER LANDER			Q-time: 01:27:14
PB (50m pool): 01:27.14 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:31.45 SB: no time			
	5 0 M	1 0 0 M	
PB	00:41.98	01:27.14	
	00:41.98	00:45.16	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:6, starttime: 11:20
Heat: 6/8 Lane : 4 Athlete: NAUDé DANIël			Q-time: 01:18:20
PB (50m pool): 01:23.24 Antwerpen 13/07/2025 PB (25m pool): 01:18.20 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.84	01:23.24	
	00:40.84	00:42.40	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:7, starttime: 11:22
Heat: 7/8 Lane : 8 Athlete: DERAEMAECKER MATHIAS			Q-time: 01:17:66
PB (50m pool): 01:21.50 Antwerpen 13/07/2025 PB (25m pool): 01:17.66 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.80	01:21.50	
	00:39.80	00:41.70	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:8, starttime: 11:24
Heat: 8/8 Lane : 3 Athlete: RATIU MATHEO			Q-time: 01:08:44
PB (50m pool): 01:13.98 Antwerp 26/01/2025 PB (25m pool): 01:08.44 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.51	01:13.98	
	00:35.51	00:38.47	
			

Coach feedback:

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Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:8, starttime: 11:24
Heat: 8/8 Lane : 8 Athlete: VERNIMMEN NICHOLAS			Q-time: 01:15:48
PB (50m pool): 01:18.74 Antwerpen 13/07/2025			PB (25m pool): 01:15.48 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.69	01:18.74	
	00:38.69	00:40.05	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:3, starttime: 11:29
Heat: 3/8 Lane : 7 Athlete: DE RYCK HANNE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:53.83 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:7, starttime: 11:34
Heat: 7/8 Lane : 6 Athlete: TYAGI YASHWINI			Q-time: 00:39:54
PB (50m pool): 00:44.20 Antwerp 26/01/2025			PB (25m pool): 00:39.54 SB: no time
	5 0 M		
PB	00:44.20		
	00:44.20		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:8, starttime: 11:36
Heat: 8/8 Lane : 4 Athlete: ROGIERS LAYLA			Q-time: 00:31:87
PB (50m pool): 00:34.95 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:31.87 SB: no time
	5 0 M		
PB	00:34.95		
	00:34.95		
			

Coach feedback: