

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

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

Coaches: Buyck Tine

Coaches: Lasoen Sam

Coaches: Vervynckt Nathalie HEADCOACH

PB => Personal Best time

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

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 09:18
Heat: 1/6 Lane : 2 Athlete: DEGRANDE NORE			Q-time: 01:53:04
PB (50m pool): 01:53.04 Kortrijk 04/05/2025			PB (25m pool): 01:42.61 SB: no time
PB	5 0 M	1 0 0 M	
	00:56.26	01:53.04	
	00:56.26	00:56.78	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 09:18
Heat: 1/6 Lane : 3 Athlete: VAN DE STEENE LORE			Q-time: 01:51:71
PB (50m pool): 01:51.71 Kortrijk 04/05/2025			PB (25m pool): 01:53.04 SB: no time
PB	5 0 M	1 0 0 M	
	00:55.44	01:51.71	
	00:55.44	00:56.27	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 09:18
Heat: 1/6 Lane : 4 Athlete: DE SMET LORE			Q-time: 01:47:60
PB (50m pool): 01:47.60 Kortrijk 04/05/2025			PB (25m pool): 01:41.82 SB: no time
PB	5 0 M	1 0 0 M	
	00:50.48	01:47.60	
	00:50.48	00:57.12	
			

Coach feedback:

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Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 09:23
Heat: 3/6 Lane : 4 Athlete: DE MULDER MAÏTHÉ			Q-time: 01:35:22
PB (50m pool): 01:35.22 Antwerpen 13/07/2025			PB (25m pool): 01:28.80 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.43	01:35.22	
	00:47.43	00:47.79	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 09:23
Heat: 3/6 Lane : 6 Athlete: DE VUSSER LAURE			Q-time: 01:36:41
PB (50m pool): 01:36.41 Kortrijk 04/05/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:45.82	01:36.41	
	00:45.82	00:50.59	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 09:23
Heat: 3/6 Lane : 8 Athlete: DE MUER ANNA			Q-time: 01:38:22
PB (50m pool): 01:38.22 Kortrijk 04/05/2025			PB (25m pool): 01:34.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.34	01:38.22	
	00:49.34	00:48.88	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 09:26
Heat: 4/6 Lane : 5 Athlete: BERKEIN FRANCESCA			Q-time: 01:31:19
PB (50m pool): no time			PB (25m pool): 01:31.19 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 09:38
Heat: 3/4 Lane : 6 Athlete: VAN DOORNE ARNO			Q-time: 01:42:98
PB (50m pool): no time			PB (25m pool): 01:42.98 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:2, starttime: 09:44
Heat: 2/4 Lane : 4 Athlete: DE WULF ALEXINE			Q-time: 01:30:08
PB (50m pool): no time			PB (25m pool): 01:30.08 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 09:46
Heat: 3/4 Lane : 2 Athlete: RUTSAERT EMILY			Q-time: 01:25:46
PB (50m pool): 01:25.46 Kortrijk 04/05/2025			PB (25m pool): 01:15.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.01	01:25.46	
	00:39.01	00:46.45	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 09:46
Heat: 3/4 Lane : 4 Athlete: BUYLE GEIKE			Q-time: 01:22:59
PB (50m pool): no time			PB (25m pool): 01:22.59 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

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Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 09:46
Heat: 3/4 Lane : 5 Athlete: LONCKE JUTTA			Q-time: 01:22:64
PB (50m pool): 01:22.64 Kortrijk 04/05/2025			PB (25m pool): 01:20.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.01	01:22.64	
	00:39.01	00:43.63	
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 09:48
Heat: 4/4 Lane : 8 Athlete: BERKEIN ALESSIA			Q-time: 01:20:27
PB (50m pool): 01:45.21 Antwerpen 14/07/2024			PB (25m pool): 01:20.27 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:45.21	
	no time		
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:6, starttime: 09:59
Heat: 6/9 Lane : 4 Athlete: DE SMET KOBE			Q-time: 01:08:38
PB (50m pool): 01:08.38 Antwerpen 20/07/2025			PB (25m pool): 01:06.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.99	01:08.38	
	00:32.99	00:35.39	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:9, starttime: 10:04
Heat: 9/9 Lane : 8 Athlete: VROMAN FINN			Q-time: 01:04:65
PB (50m pool): 01:04.65 Aalst 28/06/2025			PB (25m pool): 01:02.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.13	01:04.65	
	00:31.13	00:33.52	
			

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 10:13
Heat: 2/5 Lane : 2 Athlete: VAN DOORNE ARNO			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: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:2, starttime: 10:37
Heat: 2/6 Lane : 3 Athlete: DEGRANDE NORE			Q-time: 01:56:36
PB (50m pool): no time PB (25m pool): 01:56.36 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 10:40
Heat: 3/6 Lane : 4 Athlete: VAN DE STEENE LORE			Q-time: 01:46:97
PB (50m pool): 01:46.97 Kortrijk 04/05/2025 PB (25m pool): 01:41.24 SB: no time			
	5 0 M	1 0 0 M	
PB	00:50.72	01:46.97	
	00:50.72	00:56.25	
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 10:40
Heat: 3/6 Lane : 5 Athlete: DE SMET LORE			Q-time: 01:47:35
PB (50m pool): 01:47.35 Kortrijk 04/05/2025 PB (25m pool): 01:41.71 SB: no time			
	5 0 M	1 0 0 M	
PB	00:50.38	01:47.35	
	00:50.38	00:56.97	
			

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 10:40
Heat: 3/6 Lane : 6 Athlete: DE VUSSER LAURE			Q-time: 01:51:15
PB (50m pool): 01:51.15 Kortrijk 04/05/2025			PB (25m pool): 01:42.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:52.93	01:51.15	
	00:52.93	00:58.22	
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 10:42
Heat: 4/6 Lane : 2 Athlete: DE MULDER MAÏTHÉ			Q-time: 01:45:04
PB (50m pool): 01:45.04 Antwerpen 13/07/2025			PB (25m pool): 01:33.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.82	01:45.04	
	00:50.82	00:54.22	
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 10:42
Heat: 4/6 Lane : 8 Athlete: DE MUER ANNA			Q-time: 01:46:24
PB (50m pool): no time			PB (25m pool): 01:46.24 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:5, starttime: 10:44
Heat: 5/6 Lane : 5 Athlete: BERKEIN FRANCESCA			Q-time: 01:38:19
PB (50m pool): no time			PB (25m pool): 01:38.19 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:5, starttime: 11:00
Heat: 5/9 Lane : 7 Athlete: DE WULF ALEXINE			Q-time: 01:13:37
PB (50m pool): 01:13.37 Antwerpen 13/07/2025			PB (25m pool): 01:11.72 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.48	01:13.37	
	00:35.48	00:37.89	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:6, starttime: 11:02
Heat: 6/9 Lane : 3 Athlete: BUYLE GEIKE			Q-time: 01:09:70
PB (50m pool): 01:09.70 Antwerpen 20/07/2025			PB (25m pool): 01:05.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.00	01:09.70	
	00:33.00	00:36.70	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:8, starttime: 11:05
Heat: 8/9 Lane : 5 Athlete: LONCKE JUTTA			Q-time: 01:05:37
PB (50m pool): 01:05.37 Antwerpen 20/07/2025			PB (25m pool): 01:04.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.65	01:05.37	
	00:31.65	00:33.72	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:8, starttime: 11:05
Heat: 8/9 Lane : 8 Athlete: BERKEIN ALESSIA			Q-time: 01:07:31
PB (50m pool): 01:07.31 Antwerpen 20/07/2025			PB (25m pool): 01:05.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:07.31	
	no time		
			

Coach feedback:

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Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:9, starttime: 11:07
Heat: 9/9 Lane : 7 Athlete: RUTSAERT EMILY			Q-time: 01:04:65
PB (50m pool): 01:04.65 Aalst 28/06/2025			PB (25m pool): 01:01.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.07	01:04.65	
	00:31.07	00:33.58	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:5, starttime: 11:18
Heat: 5/8 Lane : 5 Athlete: DE SMET KOBE			Q-time: 01:20:25
PB (50m pool): 01:20.25 Antwerpen 20/07/2025			PB (25m pool): 01:15.72 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.32	01:20.25	
	00:39.32	00:40.93	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:7, starttime: 11:22
Heat: 7/8 Lane : 2 Athlete: VROMAN FINN			Q-time: 01:16:08
PB (50m pool): 01:16.08 Antwerpen 20/07/2025			PB (25m pool): 01:10.67 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.45	01:16.08	
	00:36.45	00:39.63	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:1, starttime: 11:26
Heat: 1/8 Lane : 3 Athlete: VAN DE STEENE LORE			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:

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

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:1, starttime: 11:26
Heat: 1/8 Lane : 6 Athlete: DEGRANDE NORE			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: 17: 50M BUTTERFLY WOMEN 11-12			Heat:2, starttime: 11:28
Heat: 2/8 Lane : 3 Athlete: BERKEIN FRANCESCA			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: 17: 50M BUTTERFLY WOMEN 11-12			Heat:3, starttime: 11:29
Heat: 3/8 Lane : 1 Athlete: DE SMET LORE			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: 17: 50M BUTTERFLY WOMEN 11-12			Heat:3, starttime: 11:29
Heat: 3/8 Lane : 3 Athlete: DE VUSSER LAURE			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:

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Event number: 17: 50M BUTTERFLY WOMEN 11-12		Heat:3, starttime: 11:29
Heat: 3/8 Lane : 8 Athlete: DE MUER ANNA		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: 17: 50M BUTTERFLY WOMEN 11-12		Heat:4, starttime: 11:31
Heat: 4/8 Lane : 3 Athlete: DE MULDER MAÏTHÉ		Q-time: 00:47:38
PB (50m pool): 00:47.38 Wezenberg 05/01/2025 PB (25m pool): 00:40.64 SB: no time		
	5 0 M	
PB	00:47.38	
	00:47.38	
		

Coach feedback: