

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

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

Coaches: Mattheus Ibe

Coaches: Van den Broek Cathy HEADCOACH

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 : 2 Athlete: VANDINGENEN JOKE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:43.34 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 : 8 Athlete: REMANS ALICE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:38.94 SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 09:03
Heat: 3/3 Lane : 3 Athlete: ROSSEEL JANNE		Q-time: 00:38:77
PB (50m pool): 00:38.77 Antwerpen 20/04/2025		PB (25m pool): 00:38.38 SB: no time
PB	5 0 M	
	00:38.77	
	00:38.77	
		

Coach feedback:

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

Event number: 3: 50M BUTTERFLY WOMEN 13-14						Heat:3, starttime: 09:11	
Heat: 3/6 Lane : 7 Athlete: CLAESEN SARAH						Q-time: 00:43:83	
PB (50m pool): 00:43.83 Wezenberg 05/01/2025						PB (25m pool): 00:39.00 SB: no time	
	5 0 M						
PB	00:43.83						
	00:43.83						
							

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14					Heat:4, starttime: 09:13				
Heat: 4/6 Lane : 6 Athlete: DEPLOIGE FELIEN					Q-time: 00:37:47				
PB (50m pool): 00:37.47 Wezenberg 05/01/2025					PB (25m pool): 00:36.59 SB: no time				
	5 0 M								
PB	00:37.47								
	00:37.47								
									

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 09:32		
Heat: 1/4 Lane : 3 Athlete: LARDAUX LEON			Q-time: 99:99:99		
PB (50m pool): 01:57.54 SportinGenk Park 01/04/2024			PB (25m pool): 01:46.81 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	01:57.54			
	no time				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 09:32		
Heat: 1/4 Lane : 4 Athlete: MAES TILL			Q-time: 99:99:99		
PB (50m pool): no time			PB (25m pool): 01:52.94 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

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

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:2, starttime: 09:44
Heat: 2/4 Lane : 8 Athlete: REMANS ROSALIE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:23.00 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 : 3 Athlete: MAES JULIE			Q-time: 01:23:06
PB (50m pool): 01:23.06 Antwerp 26/01/2025			PB (25m pool): 01:19.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.63	01:23.06	
	00:36.63	00:46.43	

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:2, starttime: 09:52
Heat: 2/9 Lane : 1 Athlete: STERCKX LINO			Q-time: 01:23:39
PB (50m pool): 01:23.39 Wezenberg 05/01/2025			PB (25m pool): 01:18.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.38	01:23.39	
	00:42.38	00:41.01	

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:3, starttime: 09:54
Heat: 3/9 Lane : 3 Athlete: FEYAERTS JEROEN			Q-time: 01:14:93
PB (50m pool): 01:14.93 Antwerpen 13/07/2025			PB (25m pool): 01:11.60 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.69	01:14.93	
	00:36.69	00:38.24	

Coach feedback:

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

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:5, starttime: 09:58
Heat: 5/9 Lane : 2 Athlete: LEMMENS LUCA			Q-time: 01:11:30
PB (50m pool): 01:11.30 Antwerpen 13/07/2025			PB (25m pool): 01:08.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.37	01:11.30	
	00:34.37	00:36.93	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11-12			Heat:1, starttime: 10:12
Heat: 1/5 Lane : 6 Athlete: MAES TILL			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:42.00 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11-12			Heat:3, starttime: 10:14
Heat: 3/5 Lane : 1 Athlete: LARDAUX LEON			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:45.70 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:1, starttime: 10:34
Heat: 1/6 Lane : 3 Athlete: VANDINGENEN JOKE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:42.71 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:1, starttime: 10:34
Heat: 1/6 Lane : 5 Athlete: REMANS ALICE			Q-time: 99:99:99
PB (50m pool): 01:57.57 SportinGenk Park 01/04/2024			PB (25m pool): 01:42.17 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:57.57	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 10:42
Heat: 4/6 Lane : 4 Athlete: ROSSEEL JANNE			Q-time: 01:42:26
PB (50m pool): 01:42.26 Antwerpen 20/07/2025			PB (25m pool): 01:35.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.30	01:42.26	
	00:49.30	00:52.96	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:4, starttime: 10:59
Heat: 4/9 Lane : 5 Athlete: CLAESEN SARAH			Q-time: 01:14:97
PB (50m pool): 01:14.97 Antwerpen 13/07/2025			PB (25m pool): 01:10.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.03	01:14.97	
	00:36.03	00:38.94	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:5, starttime: 11:00
Heat: 5/9 Lane : 2 Athlete: REMANS ROSALIE			Q-time: 01:12:43
PB (50m pool): 01:12.43 Antwerpen 13/07/2025			PB (25m pool): 01:09.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.48	01:12.43	
	00:35.48	00:36.95	
			

Coach feedback:

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

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:6, starttime: 11:02
Heat: 6/9 Lane : 6 Athlete: DEPLOIGE FELIEN			Q-time: 01:10:13
PB (50m pool): 01:10.13 Antwerpen 20/07/2025			PB (25m pool): 01:07.74 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.90	01:10.13	
	00:33.90	00:36.23	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:7, starttime: 11:04
Heat: 7/9 Lane : 7 Athlete: MAES JULIE			Q-time: 01:08:87
PB (50m pool): 01:08.87 Antwerpen 13/07/2025			PB (25m pool): 01:05.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.72	01:08.87	
	00:33.72	00:35.15	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:1, starttime: 11:09
Heat: 1/8 Lane : 6 Athlete: STERCKX LINO			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:47.25 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:3, starttime: 11:14
Heat: 3/8 Lane : 3 Athlete: FEYAERTS JEROEN			Q-time: 01:26:77
PB (50m pool): 01:26.77 Antwerpen 13/07/2025			PB (25m pool): 01:21.05 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.90	01:26.77	
	00:41.90	00:44.87	
			

Coach feedback:

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

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:4, starttime: 11:16
Heat: 4/8 Lane : 3 Athlete: LEMMENS LUCA			Q-time: 01:24:01
PB (50m pool): 01:24.01 Antwerpen 13/07/2025			PB (25m pool): 01:20.88 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.66	01:24.01	
	00:40.66	00:43.35	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:1, starttime: 11:26
Heat: 1/8 Lane : 4 Athlete: REMANS ALICE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:38.83 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 : 8 Athlete: VANDINGENEN JOKE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:52.97 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:8, starttime: 11:36
Heat: 8/8 Lane : 3 Athlete: ROSSEEL JANNE			Q-time: 00:35:72
PB (50m pool): 00:35.72 Antwerp 26/01/2025			PB (25m pool): 00:35.24 SB: no time
	5 0 M		
PB	00:35.72		
	00:35.72		
			

Coach feedback:

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Event number: 18: 50M BACKSTROKE MEN 11-12		Heat:1, starttime: 11:37
Heat: 1/2 Lane : 4 Athlete: LARDAUX LEON		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:41.90 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 11-12		Heat:1, starttime: 11:37
Heat: 1/2 Lane : 6 Athlete: MAES TILL		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:44.01 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:1, starttime: 11:42
Heat: 1/2 Lane : 2 Athlete: FEYAERTS JEROEN		Q-time: 99:99:99
PB (50m pool): 00:50.47 SportinGenk Park 01/04/2024		PB (25m pool): 00:44.95 SB: no time
	5 0 M	
PB	00:50.47	
	00:50.47	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:2, starttime: 11:44
Heat: 2/2 Lane : 7 Athlete: LEMMENS LUCA		Q-time: 00:44:72
PB (50m pool): 00:44.72 Mol 22/06/2025		PB (25m pool): 00:40.78 SB: no time
	5 0 M	
PB	00:44.72	
	00:44.72	
		

Coach feedback: