

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

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

Coaches: Van den Brande Liesbeth

Coaches: Timmermans Vera HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:2, starttime: 09:02
Heat: 2/3 Lane : 3 Athlete: REYNIERS SINNE		Q-time: 00:51:06
PB (50m pool): no time		PB (25m pool): 00:51.06 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 09:03
Heat: 3/3 Lane : 2 Athlete: SEGHERS MILLA		Q-time: 00:39:39
PB (50m pool): no time		PB (25m pool): 00:39.39 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-12		Heat:2, starttime: 09:06
Heat: 2/3 Lane : 1 Athlete: VAN DEN BRANDE JASPER		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: 2: 50M BREASTSTROKE MEN 11-12		Heat:2, starttime: 09:06
Heat: 2/3 Lane : 2 Athlete: LAUWENS FINN		Q-time: 01:00:84
PB (50m pool): 01:00.84 Wezenberg 05/01/2025 PB (25m pool): 00:51.60 SB: no time		
	5 0 M	
PB	01:00.84	
	01:00.84	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-12		Heat:3, starttime: 09:07
Heat: 3/3 Lane : 8 Athlete: DE ROOS KASPER		Q-time: 00:47:64
PB (50m pool): 00:47.64 Aalst 11/05/2025 PB (25m pool): 00:41.93 SB: no time		
	5 0 M	
PB	00:47.64	
	00:47.64	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14		Heat:3, starttime: 09:11
Heat: 3/6 Lane : 4 Athlete: VERSPECHT KAAAT		Q-time: 00:39:63
PB (50m pool): 00:39.63 Wezenberg 05/01/2025 PB (25m pool): 00:37.64 SB: no time		
	5 0 M	
PB	00:39.63	
	00:39.63	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14		Heat:3, starttime: 09:11
Heat: 3/6 Lane : 8 Athlete: DE SITTER KIRA		Q-time: 00:44:31
PB (50m pool): 00:44.31 Aalst 11/05/2025 PB (25m pool): 00:43.89 SB: no time		
	5 0 M	
PB	00:44.31	
	00:44.31	
		

Coach feedback:

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Event number: 3: 50M BUTTERFLY WOMEN 13-14		Heat:4, starttime: 09:13
Heat: 4/6 Lane : 2 Athlete: NUYTKENS MARIE		Q-time: 00:37:84
PB (50m pool): 00:37.84 Wezenberg 05/01/2025 PB (25m pool): 00:34.29 SB: no time		
	5 0 M	
PB	00:37.84	
	00:37.84	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14		Heat:5, starttime: 09:14
Heat: 5/6 Lane : 1 Athlete: VAN HOOMISSEN CHELSEA		Q-time: 00:36:23
PB (50m pool): 00:36.23 Wezenberg 05/01/2025 PB (25m pool): 00:35.41 SB: no time		
	5 0 M	
PB	00:36.23	
	00:36.23	
		

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11-12		Heat:3, starttime: 10:09
Heat: 3/4 Lane : 1 Athlete: REYNIERS SINNE		Q-time: 00:56:45
PB (50m pool): 00:56.45 Aalst 11/05/2025 PB (25m pool): 00:52.31 SB: no time		
	5 0 M	
PB	00:56.45	
	00:56.45	
		

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11-12		Heat:3, starttime: 10:09
Heat: 3/4 Lane : 2 Athlete: SEGHERS MILLA		Q-time: 00:52:03
PB (50m pool): 00:52.03 Aalst 11/05/2025 PB (25m pool): 00:51.01 SB: no time		
	5 0 M	
PB	00:52.03	
	00:52.03	
		

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 11-12		Heat:3, starttime: 10:14
Heat: 3/5 Lane : 6 Athlete: VAN DEN BRANDE JASPER		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: 10: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 10:15
Heat: 4/5 Lane : 2 Athlete: LAUWENS FINN		Q-time: 00:43:63
PB (50m pool): 00:43.63 Aalst 11/05/2025		PB (25m pool): 00:42.71 SB: no time
	5 0 M	
PB	00:43.63	
	00:43.63	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 10:15
Heat: 4/5 Lane : 4 Athlete: DE ROOS KASPER		Q-time: 00:40:12
PB (50m pool): 00:40.12 Antwerp 26/01/2025		PB (25m pool): 00:36.01 SB: no time
	5 0 M	
PB	00:40.12	
	00:40.12	
		

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 13-14		Heat:2, starttime: 10:19
Heat: 2/2 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA		Q-time: 00:33:47
PB (50m pool): 00:33.47 Aalst 11/05/2025		PB (25m pool): 00:33.00 SB: no time
	5 0 M	
PB	00:33.47	
	00:33.47	
		

Coach feedback:

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Event number: 11: 50M FREESTYLE WOMEN 13-14			Heat:2, starttime: 10:19		
Heat: 2/2 Lane : 5 Athlete: NUYTKENS MARIE			Q-time: 00:33:32		
PB (50m pool): 00:33.32 Wezenberg 05/01/2025			PB (25m pool): 00:31.96 SB: no time		
	5 0 M				
PB	00:33.32				
	00:33.32				
					

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 13-14			Heat:2, starttime: 10:19		
Heat: 2/2 Lane : 7 Athlete: VERSPECHT KAAT			Q-time: 00:34:27		
PB (50m pool): 00:34.27 Aalst 11/05/2025			PB (25m pool): 00:32.93 SB: no time		
	5 0 M				
PB	00:34.27				
	00:34.27				
					

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:3, starttime: 10:57		
Heat: 3/9 Lane : 2 Athlete: DE SITTER KIRA			Q-time: 01:20:11		
PB (50m pool): 01:10.18 Aalst 20/12/2025			PB (25m pool): 01:11.76 SB: 01:10.18 Aalst 20/12/2025		
	5 0 M	1 0 0 M			
PB	00:33.17	01:10.18			
	00:33.17	00:37.01			
					

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:3, starttime: 11:29		
Heat: 3/8 Lane : 2 Athlete: REYNIERS SINNE			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:7, starttime: 11:34		
Heat: 7/8 Lane : 3 Athlete: SEGHERS MILLA							Q-time: 00:39:50		
PB (50m pool): no time							PB (25m pool): 00:39.50 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 : 3 Athlete: VAN DEN BRANDE JASPER										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: 18: 50M BACKSTROKE MEN 11-12							Heat:2, starttime: 11:38		
Heat: 2/2 Lane : 2 Athlete: DE ROOS KASPER							Q-time: 00:42:91		
PB (50m pool): 00:42.91 Wezenberg 05/01/2025							PB (25m pool): 00:38.99SB: no time		
	5 0 M								
PB	00:42.91								
	00:42.91								
									

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 11-12					Heat:2, starttime: 11:38				
Heat: 2/2 Lane : 7 Athlete: LAUWENS FINN					Q-time: 00:44:00				
PB (50m pool): 00:44.00 Aalst 11/05/2025					PB (25m pool): 00:41.90SB: no time				
	5 0 M								
PB	00:44.00								
	00:44.00								
									

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13-14		Heat:1, starttime: 11:40
Heat: 1/2 Lane : 5 Athlete: VERSPECHT KAAT		Q-time: 00:40:86
PB (50m pool): 00:40.86 Wezenberg 05/01/2025 PB (25m pool): 00:36.22 SB: no time		
	5 0 M	
PB	00:40.86	
	00:40.86	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13-14		Heat:1, starttime: 11:40
Heat: 1/2 Lane : 6 Athlete: VAN HOOMISSEN CHELSEA		Q-time: 00:41:71
PB (50m pool): 00:41.71 Wezenberg 05/01/2025 PB (25m pool): 00:37.24 SB: no time		
	5 0 M	
PB	00:41.71	
	00:41.71	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13-14		Heat:2, starttime: 11:41
Heat: 2/2 Lane : 8 Athlete: NUYTKENS MARIE		Q-time: 00:39:40
PB (50m pool): 00:39.40 Aalst 11/05/2025 PB (25m pool): 00:36.34 SB: no time		
	5 0 M	
PB	00:39.40	
	00:39.40	
		

Coach feedback: