

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

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: 3: 50M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 09:13
Heat: 4/6 Lane : 1 Athlete: BIESEMANS JANA			Q-time: 00:38:83
PB (50m pool): 00:48.06 Antwerp 28/01/2024			PB (25m pool): 00:38.83 SB: no time
	5 0 M		
PB	00:48.06		
	00:48.06		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14			Heat:5, starttime: 09:14
Heat: 5/6 Lane : 2 Athlete: DEROOST BEAU			Q-time: 00:35:53
PB (50m pool): no time			PB (25m pool): 00:35.53 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:4, starttime: 10:59
Heat: 4/9 Lane : 8 Athlete: BIESEMANS JANA			Q-time: 01:17:74
PB (50m pool): 01:17.74 Antwerp 26/01/2025			PB (25m pool): 01:10.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.59	01:17.74	
	00:36.59	00:41.15	
			

Coach feedback:

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Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:6, starttime: 11:02
Heat: 6/9 Lane : 2 Athlete: DEROOST BEAU			Q-time: 01:10:17
PB (50m pool): 01:10.17 Antwerpen 13/07/2025 PB (25m pool): 01:08.74 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.27	01:10.17	
	00:34.27	00:35.90	
			

Coach feedback: