

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

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

Coaches: Scheveneels Judith 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 : 5	Athlete: FLEERACKERS LAURA
PB (50m pool): no time		PB (25m pool): 00:42.47 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-12		Heat:3, starttime: 09:07
Heat: 3/3	Lane : 1	Athlete: VAN OOSTERWYCK ALEXANDER
PB (50m pool): 00:47.10 Aalst 11/05/2025		PB (25m pool): 00:44.15 SB: no time
	5 0 M	
PB	00:47.10	
	00:47.10	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 13-14		Heat:3, starttime: 09:11
Heat: 3/6	Lane : 2	Athlete: THEUNISSEN JOLIEN
PB (50m pool): 00:42.92 Antwerp 02/02/2025		PB (25m pool): 00:41.38 SB: no time
	5 0 M	
PB	00:42.92	
	00:42.92	
		

Coach feedback:

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

Event number: 3: 50M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 09:13
Heat: 4/6 Lane : 8 Athlete: LESSELIERS EMILY			Q-time: 00:39:59
PB (50m pool): 00:39.59 Wezenberg 05/01/2025			PB (25m pool): 00:39.52 SB: no time
	5 0 M		
PB	00:39.59		
	00:39.59		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 09:26
Heat: 4/6 Lane : 4 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 01:30:50
PB (50m pool): 01:27.00 Aalst 20/12/2025			PB (25m pool): 01:30.46 SB: 01:27.00 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:41.81	01:27.00	
	00:41.81	00:45.19	
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 09:48
Heat: 4/4 Lane : 4 Athlete: VERRET JULIE			Q-time: 01:09:86
PB (50m pool): 01:09.86 Antwerpen 20/07/2025			PB (25m pool): 01:09.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.71	01:09.86	
	00:32.71	00:37.15	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 13-14			Heat:9, starttime: 10:04
Heat: 9/9 Lane : 5 Athlete: DE RIDDER ARNE			Q-time: 00:59:27
PB (50m pool): 00:59.27 Antwerpen 20/07/2025			PB (25m pool): 00:58.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.99	00:59.27	
	00:28.99	00:30.28	
			

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 10:09
Heat: 3/4 Lane : 6 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 00:51:01
PB (50m pool): 00:51.01 Wezenberg 05/01/2025			PB (25m pool): 00:49.02 SB: no time
	5 0 M		
PB	00:51.01		
	00:51.01		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11-12			Heat:5, starttime: 10:17
Heat: 5/5 Lane : 8 Athlete: VAN OOSTERWYCK ALEXANDER			Q-time: 00:38:96
PB (50m pool): no time			PB (25m pool): 00:38.96 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 : 2 Athlete: FLEERACKERS LAURA			Q-time: 01:59:24
PB (50m pool): 01:59.24 Antwerpen 13/07/2025			PB (25m pool): 01:50.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:56.28	01:59.24	
	00:56.28	01:02.96	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:3, starttime: 10:57
Heat: 3/9 Lane : 3 Athlete: THEUNISSEN JOLIEN			Q-time: 01:20:08
PB (50m pool): 01:20.08 Antwerpen 13/07/2025			PB (25m pool): 01:18.74 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.60	01:20.08	
	00:38.60	00:41.48	
			

Coach feedback:

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

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:5, starttime: 11:00
Heat: 5/9 Lane : 8 Athlete: LESSELIERS EMILY			Q-time: 01:14:05
PB (50m pool): 01:14.05 Aalst 11/05/2025			PB (25m pool): 01:12.17 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.63	01:14.05	
	00:35.63	00:38.42	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 13-14			Heat:9, starttime: 11:07
Heat: 9/9 Lane : 1 Athlete: VERRET JULIE			Q-time: 01:05:04
PB (50m pool): 01:05.04 Antwerpen 20/07/2025			PB (25m pool): 01:03.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.18	01:05.04	
	00:32.18	00:32.86	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 13-14			Heat:8, starttime: 11:24
Heat: 8/8 Lane : 5 Athlete: DE RIDDER ARNE			Q-time: 01:07:24
PB (50m pool): 01:06.05 Aalst 20/12/2025			PB (25m pool): 01:03.55 SB: 01:06.05 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:32.01	01:06.05	
	00:32.01	00:34.04	
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11-12			Heat:4, starttime: 11:31
Heat: 4/8 Lane : 7 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 00:50:24
PB (50m pool): 00:50.24 Wezenberg 05/01/2025			PB (25m pool): 00:42.94 SB: no time
	5 0 M		
PB	00:50.24		
	00:50.24		
			

Coach feedback:

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Event number: 17: 50M BUTTERFLY WOMEN 11-12		Heat:4, starttime: 11:31
Heat: 4/8 Lane : 8 Athlete: FLEERACKERS LAURA		Q-time: 00:52:88
PB (50m pool): no time		PB (25m pool): 00:52.88 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13-14		Heat:2, starttime: 11:41
Heat: 2/2 Lane : 1 Athlete: LESSELIERS EMILY		Q-time: 00:38:57
PB (50m pool): no time		PB (25m pool): 00:38.57 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13-14		Heat:2, starttime: 11:41
Heat: 2/2 Lane : 5 Athlete: VERRET JULIE		Q-time: 00:35:96
PB (50m pool): 00:35.96 Aalst 11/05/2025		PB (25m pool): 00:34.53 SB: no time
	5 0 M	
PB	00:35.96	
	00:35.96	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:2, starttime: 11:44
Heat: 2/2 Lane : 2 Athlete: DE RIDDER ARNE		Q-time: 00:43:91
PB (50m pool): 00:43.91 Wezenberg 05/01/2025		PB (25m pool): 00:39.22 SB: no time
	5 0 M	
PB	00:43.91	
	00:43.91	
		

Coach feedback: