

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STA

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 22: 100M BACKSTROKE MEN 11-12			Heat:3, starttime: 14:10
Heat: 3/5 Lane : 4 Athlete: VAN DOORNE ARNO			Q-time: 01:30:18
PB (50m pool): no time			PB (25m pool): 01:30.18 SB: no time
PB	5 0 M	1 0 0 M	
	no time	no time	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 14:23
Heat: 4/8 Lane : 5 Athlete: DE WULF ALEXINE			Q-time: 01:26:78
PB (50m pool): 01:26.78 Antwerpen 13/07/2025			PB (25m pool): 01:16.87 SB: no time
PB	5 0 M	1 0 0 M	
	00:43.21	01:26.78	
	00:43.21	00:43.57	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:5, starttime: 14:26
Heat: 5/8 Lane : 3 Athlete: BERKEIN ALESSIA			Q-time: 01:23:96
PB (50m pool): 01:23.96 Antwerp 02/02/2025			PB (25m pool): 01:17.83 SB: no time
PB	5 0 M	1 0 0 M	
	00:40.36	01:23.96	
	00:40.36	00:43.60	
			

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STA

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:6, starttime: 14:28
Heat: 6/8 Lane : 4 Athlete: LONCKE JUTTA			Q-time: 01:17:57
PB (50m pool): 01:17.57 Antwerpen 20/07/2025			PB (25m pool): 01:13.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.50	01:17.57	
	00:37.50	00:40.07	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:7, starttime: 14:30
Heat: 7/8 Lane : 6 Athlete: BUYLE GEIKE			Q-time: 01:16:46
PB (50m pool): 01:16.46 Antwerpen 20/07/2025			PB (25m pool): 01:09.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.99	01:16.46	
	00:36.99	00:39.47	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:7, starttime: 14:30
Heat: 7/8 Lane : 7 Athlete: RUTSAERT EMILY			Q-time: 01:17:14
PB (50m pool): 01:17.14 Antwerp 26/01/2025			PB (25m pool): 01:12.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.29	01:17.14	
	00:37.29	00:39.85	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 13-14			Heat:4, starttime: 14:41
Heat: 4/9 Lane : 7 Athlete: DE SMET KOBE			Q-time: 01:39:25
PB (50m pool): 01:39.25 Antwerp 26/01/2025			PB (25m pool): 01:33.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.26	01:39.25	
	00:46.26	00:52.99	
			

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STA

Event number: 24: 100M BREASTSTROKE MEN 13-14			Heat:8, starttime: 14:49
Heat: 8/9 Lane : 8 Athlete: VROMAN FINN			Q-time: 01:27:44
PB (50m pool): 01:27.44 MOUSCRON 29/05/2025			PB (25m pool): 01:22.30 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.39	01:27.44	
	00:42.39	00:45.05	
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:3, starttime: 15:02
Heat: 3/8 Lane : 5 Athlete: DE SMET LORE			Q-time: 01:25:93
PB (50m pool): 01:25.93 Aalst 28/06/2025			PB (25m pool): 01:23.14 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.45	01:25.93	
	00:40.45	00:45.48	
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:3, starttime: 15:02
Heat: 3/8 Lane : 6 Athlete: DE VUSSER LAURE			Q-time: 01:26:80
PB (50m pool): 01:26.80 Aalst 28/06/2025			PB (25m pool): 01:20.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.00	01:26.80	
	00:41.00	00:45.80	
			

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 15:04
Heat: 4/8 Lane : 2 Athlete: VAN DE STEENE LORE			Q-time: 01:24:92
PB (50m pool): 01:24.92 Aalst 28/06/2025			PB (25m pool): 01:18.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.13	01:24.92	
	00:40.13	00:44.79	
			

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STA

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 15:04
Heat: 4/8 Lane : 5 Athlete: DEGRANDE NORE			Q-time: 01:24:83
PB (50m pool): no time			PB (25m pool): 01:24.83 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 15:04
Heat: 4/8 Lane : 7 Athlete: DE MULDER MAÏTHÉ			Q-time: 01:24:99
PB (50m pool): 01:24.99 Kortrijk 04/05/2025			PB (25m pool): 01:14.99 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.57	01:24.99	
	00:40.57	00:44.42	

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:5, starttime: 15:06
Heat: 5/8 Lane : 3 Athlete: BERKEIN FRANCESCA			Q-time: 01:22:55
PB (50m pool): 01:22.55 Kortrijk 04/05/2025			PB (25m pool): 01:14.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.57	01:22.55	
	00:38.57	00:43.98	

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 11-12			Heat:6, starttime: 15:08
Heat: 6/8 Lane : 2 Athlete: DE MUER ANNA			Q-time: 01:18:62
PB (50m pool): no time			PB (25m pool): 01:18.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STA

Event number: 28: 100M FREESTYLE MEN 11-12			Heat:3, starttime: 15:18
Heat: 3/5 Lane : 4 Athlete: VAN DOORNE ARNO			Q-time: 01:21:73
PB (50m pool): no time PB (25m pool): 01:21.73 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 15:43
Heat: 3/7 Lane : 3 Athlete: BUYLE GEIKE			Q-time: 01:42:68
PB (50m pool): 01:42.68 Antwerpen 20/07/2025 PB (25m pool): 01:33.19 SB: no time			
	5 0 M	1 0 0 M	
PB	00:47.89	01:42.68	
	00:47.89	00:54.79	
	.	.	

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:4, starttime: 15:45
Heat: 4/7 Lane : 1 Athlete: DE WULF ALEXINE			Q-time: 01:40:48
PB (50m pool): 01:40.48 Antwerpen 13/07/2025 PB (25m pool): 01:31.24 SB: no time			
	5 0 M	1 0 0 M	
PB	00:48.12	01:40.48	
	00:48.12	00:52.36	
	.	.	

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:6, starttime: 15:50
Heat: 6/7 Lane : 3 Athlete: RUTSAERT EMILY			Q-time: 01:29:63
PB (50m pool): 01:39.22 Lago Kortrijk Weide 28/04/2024 PB (25m pool): 01:23.27 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:39.22	
	no time		
	.	.	

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: STA

Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:7, starttime: 15:52
Heat: 7/7 Lane : 1 Athlete: BERKEIN ALESSIA			Q-time: 01:25:01
PB (50m pool): 01:25.01 Antwerpen 20/07/2025			PB (25m pool): 01:21.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.76	01:25.01	
	00:39.76	00:45.25	
			

Coach feedback:

Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:7, starttime: 15:52
Heat: 7/7 Lane : 2 Athlete: LONCKE JUTTA			Q-time: 01:23:70
PB (50m pool): 01:23.70 Antwerpen 20/07/2025			PB (25m pool): 01:23.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.61	01:23.70	
	00:39.61	00:44.09	
			

Coach feedback:

Event number: 32: 100M BUTTERFLY MEN 13-14			Heat:3, starttime: 15:58
Heat: 3/5 Lane : 6 Athlete: DE SMET KOBE			Q-time: 01:25:84
PB (50m pool): 01:25.84 Antwerpen 20/07/2025			PB (25m pool): 01:21.91 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.05	01:25.84	
	00:39.05	00:46.79	
			

Coach feedback:

Event number: 32: 100M BUTTERFLY MEN 13-14			Heat:4, starttime: 16:00
Heat: 4/5 Lane : 4 Athlete: VROMAN FINN			Q-time: 01:17:30
PB (50m pool): 01:17.30 Kortrijk 04/05/2025			PB (25m pool): 01:13.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.96	01:17.30	
	00:35.96	00:41.34	
			

Coach feedback: