

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

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 23: 100M BACKSTROKE WOMEN 13-14			Heat:2, starttime: 14:19
Heat: 2/8 Lane : 5 Athlete: DE SITTER KIRA			Q-time: 01:35:16
PB (50m pool): 01:35.16 Antwerp 02/02/2025			PB (25m pool): 01:20.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.35	01:35.16	
	00:45.35	00:49.81	
			

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11-12			Heat:1, starttime: 14:53
Heat: 1/2 Lane : 4 Athlete: REYNIERS SINNE			Q-time: 00:45:69
PB (50m pool): 00:45.69 Aalst 11/05/2025			PB (25m pool): 00:46.24 SB: no time
	5 0 M		
PB	00:45.69		
	00:45.69		
			

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11-12			Heat:2, starttime: 14:55
Heat: 2/2 Lane : 6 Athlete: SEGHERS MILLA			Q-time: 00:35:12
PB (50m pool): 00:35.12 Aalst 11/05/2025			PB (25m pool): 00:33.44 SB: no time
	5 0 M		
PB	00:35.12		
	00:35.12		
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE MEN 11-12		Heat:1, starttime: 14:56
Heat: 1/2 Lane : 5 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	
	<i>no time</i>	
		

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11-12		Heat:2, starttime: 14:57
Heat: 2/2 Lane : 2 Athlete: LAUWENS FINN		Q-time: 00:36:89
PB (50m pool): 00:36.89 Wezenberg 05/01/2025		PB (25m pool): 00:34.36 SB: no time
	5 0 M	
PB	00:36.89	
	<i>00:36.89</i>	
		

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11-12		Heat:2, starttime: 14:57
Heat: 2/2 Lane : 6 Athlete: DE ROOS KASPER		Q-time: 00:35:42
PB (50m pool): 00:35.42 Wezenberg 05/01/2025		PB (25m pool): 00:33.80 SB: no time
	5 0 M	
PB	00:35.42	
	<i>00:35.42</i>	
		

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 13-14		Heat:2, starttime: 15:25
Heat: 2/4 Lane : 6 Athlete: NUYTKENS MARIE		Q-time: 00:47:39
PB (50m pool): 00:47.39 Wezenberg 05/01/2025		PB (25m pool): 00:43.26 SB: no time
	5 0 M	
PB	00:47.39	
	<i>00:47.39</i>	
		

Coach feedback:

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

Event number: 29: 50M BREASTSTROKE WOMEN 13-14										Heat:2, starttime: 15:25	
Heat: 2/4 Lane : 7 Athlete: VAN HOOMISSEN CHELSEA										Q-time: 00:49:25	
PB (50m pool): 00:49.25 Wezenberg 05/01/2025										PB (25m pool): 00:43.96 SB: no time	
	5 0 M										
PB	00:49.25										
	00:49.25										
											

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 13-14										Heat:3, starttime: 15:27	
Heat: 3/4 Lane : 4 Athlete: DE SITTER KIRA										Q-time: 00:42:91	
PB (50m pool): 00:42.91 Wezenberg 05/01/2025										PB (25m pool): 00:38.78 SB: no time	
	5 0 M										
PB	00:42.91										
	00:42.91										
											

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 13-14										Heat:3, starttime: 15:27	
Heat: 3/4 Lane : 7 Athlete: VERSPECHT KAAT										Q-time: 00:44:85	
PB (50m pool): 00:44.85 Wezenberg 05/01/2025										PB (25m pool): 00:39.98 SB: no time	
	5 0 M										
PB	00:44.85										
	00:44.85										
											

Coach feedback:

Event number: 38: 4x50M MEDLEY MIXED 11-14					Heat:2, starttime: 16:26	
Heat: 2/2 Lane : 1 Athlete: TEAM ZCK 1					Q-time: 02:30:00	
PB (50m pool):		PB (25m pool):			SB:	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB						
						

Coach feedback: