

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

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:5, starttime: 14:26
Heat: 5/8 Lane : 5 Athlete: BIESEMANS JANA			Q-time: 01:23:47
PB (50m pool): 01:23.47 Antwerpen 13/07/2025			PB (25m pool): 01:20.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.52	01:23.47	
	00:40.52	00:42.95	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 13-14			Heat:5, starttime: 14:26
Heat: 5/8 Lane : 8 Athlete: DEROOST BEAU			Q-time: 01:25:96
PB (50m pool): 01:25.96 Antwerpen 13/07/2025			PB (25m pool): 01:23.50 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.40	01:25.96	
	00:42.40	00:43.56	
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 13-14			Heat:4, starttime: 15:28
Heat: 4/4 Lane : 3 Athlete: BIESEMANS JANA			Q-time: 00:40:76
PB (50m pool): no time			PB (25m pool): 00:40.76 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 31: 100M BREASTSTROKE WOMEN 13-14			Heat:5, starttime: 15:48
Heat: 5/7 Lane : 4 Athlete: DEROOST BEAU			Q-time: 01:33:56
PB (50m pool): 01:33.56 Antwerpen 13/07/2025 PB (25m pool): 01:29.78 SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.37	01:33.56	
	00:43.37	00:50.19	
			

Coach feedback: