

M.Christophe Jorissen: Session: 1: COACH Evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verachtert Elke

Coaches: Torfs Agnes HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:8, starttime: 08:57
Heat: 8/9 Lane : 1 Athlete: WILLEMS RUBEN					Q-time: 02:35:19
PB (50m pool): 02:38.35 Olympic Pool Wezenberg, Antwer 29/04/2026					PB (25m pool): 02:35.19 SB: 02:38.35 Olympic Pool Wezenberg, Antwer 29/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.47	01:13.54	02:03.86	02:38.35	
	00:33.47	00:40.07	00:50.32	00:34.49	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:8, starttime: 08:57
Heat: 8/9 Lane : 3 Athlete: LEMMENS NOAH					Q-time: 02:33:71
PB (50m pool): 02:32.61 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 02:33.71 SB: 02:32.61 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.95	01:16.24	01:57.83	02:32.61	
	00:33.95	00:42.29	00:41.59	00:34.78	
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:01
Heat: 3/3 Lane : 7 Athlete: LEMMENS NOAH					Q-time: 02:46:70
PB (50m pool): 02:48.36 Antwerpen 19/04/2026					PB (25m pool): 02:46.70 SB: 02:48.36 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.65	01:22.42	02:06.47	02:48.36	
	00:37.65	00:44.77	00:44.05	00:41.89	
					

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:53
Heat: 9/10 Lane : 6 Athlete: WILLEMS RUBEN			Q-time: 01:10:45
PB (50m pool): 01:11.15 Wezenberg 01/02/2026			PB (25m pool): 01:10.45 SB: 01:11.15 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.14	01:11.15	
	00:35.14	00:36.01	
			

Coach feedback: