

M.Christophe Jorissen: Session: 2: COACH Evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 13:15 untill 14:10. 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: 16: 100M BREASTSTROKE MEN 11+					Heat:10, starttime: 14:42	
Heat: 10/11 Lane : 6 Athlete: LEMMENS NOAH				Q-time: 01:16:75		
PB (50m pool): 01:17.15 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:16.75 SB: 01:17.15 Zwembad Brigitte Becue 26/04/2026						
	5 0 M	1 0 0 M				
PB	00:36.46	01:17.15				
	00:36.46	00:40.69				
						

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 16:27	
Heat: 3/4 Lane : 3 Athlete: WILLEMS RUBEN					Q-time: 02:32:97	
PB (50m pool): 02:32.97 Antwerpen 19/04/2026 PB (25m pool): 02:31.22 SB: 02:32.97 Antwerpen 19/04/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.13	01:16.04	01:55.57	02:32.97		
	00:36.13	00:39.91	00:39.53	00:37.40		
						

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:23	
Heat: 6/7 Lane : 5 Athlete: LEMMENS NOAH							Q-time: 04:44:22	
PB (50m pool): 04:42.36 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:44.22 SB: 04:42.36 Zwembad Brigitte Becue 26/04/2026								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.26	01:07.03	01:43.72	02:20.35	02:56.99	03:32.93	04:08.26	04:42.36
	00:31.26	00:35.77	00:36.69	00:36.63	00:36.64	00:35.94	00:35.33	00:34.10
								

Coach feedback: