

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

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

Coaches: Claessens Matthias

Coaches: Lenders Maartje HEADCOACH

Coaches: Smets Mark

Coaches: Van Eetvelde Kasper

PB => Personal Best time

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

Event number: 2: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:11	
Heat: 1/2 Lane : 1 Athlete: MATTHEEUSEN OLIVIA							Q-time: 99:99:99	
PB (25m pool): Stedelijk Zwembad Geel 16/02/2025			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.77		01:23.24				
	00:40.77		00:42.47					
								

Coach feedback:

Event number: 2: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:11	
Heat: 1/2 Lane : 3 Athlete: DELVA SAM							Q-time: 99:99:99	
PB (25m pool): Herentals 18/05/2024			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:10.83				
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY MIXED 10-9							Heat:2, starttime: 14:15	
Heat: 2/2 Lane : 1 Athlete: CLAESSENS MARIE							Q-time: 03:21:01	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.16		01:12.14				
	00:35.16		00:36.98					
								

Coach feedback:

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:37	
Heat: 2/2 Lane : 2 Athlete: LUYTEN JULIE							Q-time: 05:03:43	
PB (25m pool): no time Arendonk 18/07/2021				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:37	
Heat: 2/2 Lane : 3 Athlete: BROUWERS PHEBE							Q-time: 05:19:08	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 6: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:44
Heat: 1/2 Lane : 1 Athlete: CLAESSENS VIC					Q-time: 01:10:67
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:47
Heat: 1/2 Lane : 2 Athlete: BROUWERS MISCHA					Q-time: 01:06:70
PB (25m pool): 01:24.24 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:24.24 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.24	
	no time				
					

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:47
Heat: 1/2 Lane : 3 Athlete: LAZEROMS SIEN					Q-time: 01:09:14
PB (25m pool): 01:35.91 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:35.91 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:35.91	
	no time				
					

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:49
Heat: 2/2 Lane : 4 Athlete: MATTHEEUSEN ELLA					Q-time: 01:06:64
PB (25m pool): no time					PB (50m pool): 02:03.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:51
Heat: 1/1 Lane : 1 Athlete: JOOSEN CIS					Q-time: 01:24:50
PB (25m pool): 01:42.02 Nijlen 16/11/2025					PB (50m pool): 01:48.71 SB: 01:42.02 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.52		01:42.02	
	00:48.52 00:53.50				
					

Coach feedback:

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:54
Heat: 1/2 Lane : 2 Athlete: VAN LOOVEREN ASTER					Q-time: 01:16:81
PB (25m pool): 01:48.34 Turnhout 03/03/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:48.34	
	no time				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:56
Heat: 2/2 Lane : 2 Athlete: MICHELSEN JINTHE					Q-time: 01:07:46
PB (25m pool): 01:38.61 Nijlen 16/11/2025					PB (50m pool): 01:44.71 SB: 01:38.61 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.06		01:38.61	
	00:46.06 00:52.55				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:56
Heat: 2/2 Lane : 3 Athlete: VAN GINNEKEN MARIT					Q-time: 01:10:68
PB (25m pool): 01:45.16 Groenenhoek Berchem 17/11/2024					PB (50m pool): 01:37.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.97		01:45.16	
	00:48.97 00:56.19				
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:01
Heat: 2/2 Lane : 3 Athlete: JORISSEN QUINTEN					Q-time: 01:16:29
PB (25m pool): 01:12.18 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:15.22 SB: 01:12.90 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.81		01:12.18	
	00:33.81 00:38.37				
					

Coach feedback:

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:05
Heat: 2/2 Lane : 2 Athlete: CEULEMANS HANNE					Q-time: 01:12:43
PB (25m pool): 01:44.69 Mol 29/12/2024			PB (50m pool): 01:45.80 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.13		01:44.69	
	00:49.13		00:55.56		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:09
Heat: 2/2 Lane : 2 Athlete: VAN LOON WIES					Q-time: 01:07:57
PB (25m pool): 01:22.71 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:28.92 SB: 01:22.71 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.39		01:22.71	
	00:39.39		00:43.32		
					

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:12
Heat: 1/1 Lane : 3 Athlete: MAVRIQI ARRITA					Q-time: 01:38:12
PB (25m pool): no time Kalmthout 30/04/2023			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:20
Heat: 1/4 Lane : 2 Athlete: DELVA SAM					Q-time: 99:99:99
PB (25m pool): 01:14.16 Nijlen 16/11/2025			PB (50m pool): 01:23.25 SB: 01:14.16 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.41		01:14.16	
	00:34.41		00:39.75		
					

Coach feedback:

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 15:23
Heat: 2/4 Lane : 1 Athlete: MATTHEEUSEN OLIVIA					Q-time: 99:99:99
PB (25m pool): 01:11.78 Temse 17/11/2025			PB (50m pool): 01:12.33 SB: 01:11.78 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.37		01:11.78	
	00:33.37		00:38.41		
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:28
Heat: 4/4 Lane : 1 Athlete: CLAESSENS MARIE					Q-time: 01:32:95
PB (25m pool): 01:20.41 Antwerpen 12/10/2025			PB (50m pool): no time SB: 01:20.41 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.34		01:20.41	
	00:37.34		00:43.07		
					

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+							Heat:1, starttime: 15:46	
Heat: 1/2 Lane : 3 Athlete: CLAESSENS VIC							Q-time: 02:38:06	
PB (25m pool): 02:26.17 Antwerpen 12/10/2025				PB (50m pool): 02:30.51SB: 02:26.17 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:32.43		01:09.79		01:48.06		02:26.17
	00:32.43		00:37.36		00:38.27		00:38.11	
								

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+							Heat:2, starttime: 15:49	
Heat: 2/2 Lane : 4 Athlete: JORISSEN QUINTEN							Q-time: 02:14:14	
PB (25m pool): 03:36.57 Arendonk 22/12/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:39.16		no time		03:36.57
	no time							
								

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:53	
Heat: 1/3 Lane : 1 Athlete: MAVRIQI ARRITA							Q-time: 03:00:80	
PB (25m pool): 02:33.66 Arendonk 25/05/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:13.66		no time		02:33.66
	no time							
								

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:56	
Heat: 2/3 Lane : 2 Athlete: MATTHEEUSEN ELLA							Q-time: 02:28:14	
PB (25m pool): 02:41.92 Mol 29/12/2024				PB (50m pool): 02:47.21SB: 02:42.78 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.05		01:17.57		02:00.03		02:41.92
	00:36.05		00:41.52		00:42.46		00:41.89	
								

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:56	
Heat: 2/3 Lane : 3 Athlete: VAN LOOVEREN ASTER							Q-time: 02:32:83	
PB (25m pool): 02:49.17 Antwerpen 12/10/2025				PB (50m pool): 02:53.99SB: 02:49.17 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.66		01:23.34		02:06.70		02:49.17
	00:39.66		00:43.68		00:43.36		00:42.47	
								

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 15:59	
Heat: 3/3 Lane : 2 Athlete: CEULEMANS HANNE							Q-time: 02:17:97	
PB (25m pool): 03:26.59 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:26.59 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.68		01:41.81		02:34.59		03:26.59
	00:48.68		00:53.13		00:52.78		00:52.00	
								

Coach feedback:

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 15:59	
Heat: 3/3 Lane : 3 Athlete: LUYTEN JULIE							Q-time: 02:23:91	
PB (25m pool): 03:28.04 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:28.04 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.03		01:40.94		02:35.27		03:28.04
	00:47.03		00:53.91		00:54.33		00:52.77	
								

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 15:59	
Heat: 3/3 Lane : 4 Athlete: BROUWERS MISCHA							Q-time: 02:27:18	
PB (25m pool): 03:20.07 Groenenhoek Berchem 17/11/2024 PB (50m pool): 03:15.54SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.52		01:37.49		no time		03:20.07
	00:45.52		00:51.97					
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:11	
Heat: 1/3 Lane : 3 Athlete: BROUWERS PHEBE							Q-time: 99:99:99	
PB (25m pool): Stedelijk Zwembad Geel 16/02/2025			PB (50m pool):		SB: Antwerpen 12/10/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.66		01:10.85				
	00:33.66		00:37.19					
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:20	
Heat: 3/3 Lane : 2 Athlete: MICHIELSEN JINTHE							Q-time: 02:29:90	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.17		01:28.24				
	00:43.17		00:45.07					
								

Coach feedback:

ZIK Limieten: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:20	
Heat: 3/3 Lane : 3 Athlete: VAN GINNEKEN MARIT							Q-time: 02:34:63	
PB (25m pool): Turnhout 03/03/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:31.41				
	no time							
								

Coach feedback:

Event number: 21: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:28	
Heat: 2/2 Lane : 2 Athlete: VAN LOON WIES							Q-time: 02:37:12	
PB (25m pool): Nijlen 19/11/2023			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:21.41				
	no time							
								

Coach feedback:

Event number: 22: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 16:33	
Heat: 1/1 Lane : 2 Athlete: LAZEROMS SIEN							Q-time: 03:06:09	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:55.61		01:59.71				
	00:55.61		01:04.10					
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN 11+							Heat:1, starttime: 16:37	
Heat: 1/2 Lane : 2 Athlete: JOOSEN CIS							Q-time: 03:01:07	
PB (25m pool): Aarschot 04/05/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.78		01:33.05				
	00:44.78		00:48.27					
								

Coach feedback: