

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Torfs Agnes HEADCOACH

Coaches: Verachttert Elke

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:06
Heat: 3/15 Lane : 7 Athlete: VAN COTTHEM NIKA			Q-time: 01:57:84
PB (50m pool): 02:00.66 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:57.84 SB: no time			
	5 0 M	1 0 0 M	
PB	00:58.05	02:00.66	
	00:58.05	01:02.61	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:08
Heat: 4/15 Lane : 7 Athlete: LAURYSSSEN NETTE			Q-time: 01:52:87
PB (50m pool): 02:01.44 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:52.87 SB: no time			
	5 0 M	1 0 0 M	
PB	00:57.00	02:01.44	
	00:57.00	01:04.44	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:14
Heat: 6/15 Lane : 2 Athlete: PEETERS LENA			Q-time: 01:42:02
PB (50m pool): 01:48.71 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:42.02 SB: no time			
	5 0 M	1 0 0 M	
PB	00:50.96	01:48.71	
	00:50.96	00:57.75	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 09:42
Heat: 3/6 Lane : 5 Athlete: LEMMENS NOAH			Q-time: 01:20:05
PB (50m pool): 01:21.68 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:20.05 SB: 01:22.68 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:38.13	01:21.68	
	00:38.13	00:43.55	
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 10:10
Heat: 4/8 Lane : 3 Athlete: WILLEMS RUBEN			Q-time: 00:33:90
PB (50m pool): 00:33.90 Mol 22/06/2025 PB (25m pool): 00:34.28 SB: no time			
	5 0 M		
PB	00:33.90		
	00:33.90		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:38
Heat: 3/16 Lane : 3 Athlete: LAURYSSSEN NETTE			Q-time: 00:51:07
PB (50m pool): 00:52.04 Wezenberg 04/01/2026 PB (25m pool): 00:51.07 SB: 00:52.04 Wezenberg 04/01/2026			
	5 0 M		
PB	00:52.04		
	00:52.04		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:41
Heat: 5/16 Lane : 1 Athlete: PEETERS LENA			Q-time: 00:44:88
PB (50m pool): 00:46.08 Wezenberg 04/01/2026 PB (25m pool): 00:44.88 SB: 00:46.08 Wezenberg 04/01/2026			
	5 0 M		
PB	00:46.08		
	00:46.08		
			

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:6, starttime: 10:42	
Heat: 6/16 Lane : 8 Athlete: VAN COTTHEM NIKA										Q-time: 00:43:46	
PB (50m pool): no time					PB (25m pool): 00:43.46 SB: no time						
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:13, starttime: 10:52	
Heat: 13/16 Lane : 6 Athlete: KENNIS NATHALIE										Q-time: 00:32:86	
PB (50m pool): 00:31.66 Antwerpen 16/10/2021										PB (25m pool): 00:31.24 SB: no time	
	5 0 M										
PB	00:31.66										
	00:31.66										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 11:37	
Heat: 5/6 Lane : 5 Athlete: KENNIS NATHALIE							Q-time: 04:55:26	
PB (50m pool): 04:46.69 Antwerpen 23/02/2020				PB (25m pool): 04:40.08 SB: no time				
	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	no time	no time	no time	no time	no time	no time	no time	04:46.69
	<i>no time</i>							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 11:37	
Heat: 5/6 Lane : 6 Athlete: LAMBRECHTS LOES							Q-time: 04:56:44	
PB (50m pool): 05:02.99 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:56.44 SB: no time								
	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	00:34.31	01:12.44	01:51.08	02:29.89	03:08.85	03:47.77	04:26.33	05:02.99
	00:34.31	00:38.13	00:38.64	00:38.81	00:38.96	00:38.92	00:38.56	00:36.66
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 12:08	
Heat: 4/6 Lane : 5 Athlete: LEMMENS NOAH							Q-time: 04:44:22	
PB (50m pool): 04:53.19 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:44.22SB: no time								
	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	00:33.46	01:11.19	01:48.95	02:26.96	03:04.18	03:41.74	04:18.73	04:53.19
	00:33.46	00:37.73	00:37.76	00:38.01	00:37.22	00:37.56	00:36.99	00:34.46
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 12:08	
Heat: 4/6 Lane : 7 Athlete: WILLEMS RUBEN							Q-time: 04:52:54	
PB (50m pool): 04:59.75 Mol 22/06/2025				PB (25m pool): 04:52.54SB: no time				
	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	00:33.75	01:12.39	01:52.06	02:30.51	03:08.53	03:45.93	04:24.42	04:59.75
	00:33.75	00:38.64	00:39.67	00:38.45	00:38.02	00:37.40	00:38.49	00:35.33
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 12:19	
Heat: 6/6 Lane : 2 Athlete: KEISERS TIBO							Q-time: 04:19:84	
PB (50m pool): 04:27.81 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:19.84SB: no time								
	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	00:29.28	01:02.49	01:36.91	02:11.24	02:45.89	03:20.29	03:54.84	04:27.81
	00:29.28	00:33.21	00:34.42	00:34.33	00:34.65	00:34.40	00:34.55	00:32.97
								

Coach feedback: