

PK 50m bad Antw: Session: 2: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:00 untill 14:00. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Michielsen Matthias HEADCOACH

Coaches: Van Eetvelde Kasper

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/20 Lane : 5 Athlete: CLAESSENS MARIE			Q-time: 01:25:68
PB (50m pool): 01:25.68 Kortrijk 04/05/2025			PB (25m pool): 01:18.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.01	01:25.68	
	00:42.01	00:43.67	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 14:25
Heat: 5/20 Lane : 1 Athlete: MAVRIQI ARRITA			Q-time: 01:21:59
PB (50m pool): 01:21.59 Antwerpen 13/07/2025			PB (25m pool): 01:19.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.55	01:21.59	
	00:38.55	00:43.04	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 14:31
Heat: 8/20 Lane : 4 Athlete: BROUWERS PHEBE			Q-time: 01:13:39
PB (50m pool): 01:13.39 Antwerpen 13/07/2025			PB (25m pool): 01:08.53 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.78	01:13.39	
	00:34.78	00:38.61	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 3 Athlete: LAZEROMS SIEN			Q-time: 01:11:46
PB (50m pool): 01:11.46 Antwerpen 13/07/2025			PB (25m pool): 01:09.14 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.02	01:11.46	
	00:34.02	00:37.44	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 2 Athlete: VAN LOOVEREN ASTER			Q-time: 01:10:13
PB (50m pool): 01:10.13 Antwerp 02/02/2025			PB (25m pool): 01:07.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.31	01:10.13	
	00:34.31	00:35.82	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 4 Athlete: MATTHEEUSEN ELLA			Q-time: 01:09:89
PB (50m pool): 01:09.89 Antwerpen 20/07/2025			PB (25m pool): 01:06.42 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.48	01:09.89	
	00:33.48	00:36.41	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 14:39
Heat: 12/20 Lane : 7 Athlete: VAN GINNEKEN MARIT			Q-time: 01:09:22
PB (50m pool): 01:09.22 Kortrijk 04/05/2025			PB (25m pool): 01:06.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.32	01:09.22	
	00:33.32	00:35.90	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 14:43
Heat: 14/20 Lane : 8 Athlete: AERNOUTS ROOS			Q-time: 01:07:68
PB (50m pool): 01:07.68 Antwerp 02/02/2025			PB (25m pool): 01:07.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.73	01:07.68	
	00:32.73	00:34.95	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 3 Athlete: MICHELSEN JINTHE			Q-time: 01:06:03
PB (50m pool): 01:06.03 Antwerpen 13/07/2025			PB (25m pool): 01:04.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.23	01:06.03	
	00:32.23	00:33.80	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 8 Athlete: CEULEMANS HANNE			Q-time: 01:05:68
PB (50m pool): 01:04.98 Antwerpen 14/07/2024			PB (25m pool): 01:03.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:04.98	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 14:58
Heat: 2/12 Lane : 8 Athlete: CLAESSENS VIC			Q-time: 01:13:46
PB (50m pool): 01:13.46 Antwerpen 13/07/2025			PB (25m pool): 01:10.66 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.11	01:13.46	
	00:35.11	00:38.35	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 15:04
Heat: 5/12 Lane : 1 Athlete: JORISSEN QUINTEN			Q-time: 01:04:24
PB (50m pool): 01:04.24 Antwerp 02/02/2025			PB (25m pool): 01:01.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.74	01:04.24	
	00:30.74	00:33.50	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:35
Heat: 2/6 Lane : 3 Athlete: AERNOOTS ROOS			Q-time: 00:43:03
PB (50m pool): 00:41.67 Kortrijk 14/05/2023			PB (25m pool): 00:40.22 SB: no time
	5 0 M		
PB	00:41.67		
	00:41.67		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:35
Heat: 2/6 Lane : 5 Athlete: MAVRIQI ARRITA			Q-time: 00:42:99
PB (50m pool): 00:48.79 Mol 22/06/2025			PB (25m pool): 00:42.99 SB: no time
	5 0 M		
PB	00:48.79		
	00:48.79		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:35
Heat: 2/6 Lane : 6 Athlete: MATTHEEUSEN ELLA			Q-time: 00:43:23
PB (50m pool): 00:43.23 Kortrijk 04/05/2025			PB (25m pool): 00:39.98 SB: no time
	5 0 M		
PB	00:43.23		
	00:43.23		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:1, starttime: 15:42
Heat: 1/8 Lane : 3 Athlete: CLAESSENS VIC				Q-time: 00:46:75
PB (50m pool): 00:56.78 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:46.75 SB: no time				
	5 0 M			
PB	00:56.78			
	00:56.78			
				

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:7, starttime: 15:50
Heat: 7/8 Lane : 8 Athlete: VAN LOON WIES				Q-time: 00:32:75
PB (50m pool): 00:32.75 Kortrijk 04/05/2025 PB (25m pool): 00:31.21 SB: no time				
	5 0 M			
PB	00:32.75			
	00:32.75			
				

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12				Heat:5, starttime: 16:05
Heat: 5/6 Lane : 8 Athlete: CLAESSENS MARIE				Q-time: 01:29:65
PB (50m pool): no time PB (25m pool): 01:29.65 SB: no time				
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 16:28
Heat: 2/8 Lane : 3 Athlete: BROUWERS PHEBE					Q-time: 03:02:14
PB (50m pool): 03:02.14 Antwerpen 13/07/2025 PB (25m pool): 02:48.48 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.86	01:27.45	02:20.82	03:02.14	
	00:39.86	00:47.59	00:53.37	00:41.32	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 16:32
Heat: 3/8 Lane : 1 Athlete: VAN LOOVEREN ASTER					Q-time: 02:57:80
PB (50m pool): 02:57.80 Antwerpen 13/07/2025					PB (25m pool): 02:52.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.58	01:23.30	02:16.60	02:57.80	
	00:35.58	00:47.72	00:53.30	00:41.20	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 7 Athlete: LAZEROMS SIEN					Q-time: 02:53:82
PB (50m pool): 02:53.82 Kortrijk 04/05/2025					PB (25m pool): 02:52.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.37	01:23.47	02:13.84	02:53.82	
	00:37.37	00:46.10	00:50.37	00:39.98	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 8 Athlete: VAN GINNEKEN MARIT					Q-time: 02:55:13
PB (50m pool): 02:59.70 ANTWERPEN 23/07/2023					PB (25m pool): 02:52.84 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:59.70	
	no time				
					

Coach feedback: