

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: AZV

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

Coaches: Torfs Agnes HEADCOACH

Coaches: Verachtert Elke

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 : 3 Athlete: LAURYSEN NETTE			Q-time: 01:25:82
PB (50m pool): 01:25.82 Wezenberg 04/01/2026			PB (25m pool): 01:25.79 SB: 01:25.82 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:40.39	01:25.82	
	00:40.39	00:45.43	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 14:23
Heat: 4/20 Lane : 4 Athlete: VAN COTTHEM NIKA			Q-time: 01:22:18
PB (50m pool): 01:22.18 Wezenberg 04/01/2026			PB (25m pool): 01:23.44 SB: 01:22.18 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.61	01:22.18	
	00:38.61	00:43.57	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 14:27
Heat: 6/20 Lane : 6 Athlete: PEETERS LENA			Q-time: 01:18:10
PB (50m pool): 01:18.10 Wezenberg 04/01/2026			PB (25m pool): 01:19.38 SB: 01:18.10 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.63	01:18.10	
	00:37.63	00:40.47	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 14:43
Heat: 14/20 Lane : 5 Athlete: LAMBRECHTS LOES			Q-time: 01:06:72
PB (50m pool): 01:08.01 Wezenberg 03/01/2026			PB (25m pool): 01:06.72 SB: 01:08.01 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.31	01:08.01	
	00:33.31	00:34.70	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 14:52
Heat: 19/20 Lane : 8 Athlete: KENNIS NATHALIE			Q-time: 01:02:36
PB (50m pool): 01:01.96 Antwerpen 16/10/2021			PB (25m pool): 00:59.71 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:01.96	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:14
Heat: 11/12 Lane : 1 Athlete: KEISERS TIBO			Q-time: 00:55:86
PB (50m pool): 00:57.45 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:55.86 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.13	00:57.45	
	00:27.13	00:30.32	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 15:57
Heat: 2/6 Lane : 3 Athlete: VAN COTTHEM NIKA			Q-time: 01:38:14
PB (50m pool): 01:38.14 Wezenberg 04/01/2026			PB (25m pool): 01:39.94 SB: 01:38.14 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.07	01:38.14	
	00:49.07	00:49.07	
			

Coach feedback:

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Event number: 16: 100M BACKSTROKE WOMEN 11-12										Heat:2, starttime: 15:57	
Heat: 2/6 Lane : 6 Athlete: PEETERS LENA										Q-time: 01:38:70	
PB (50m pool): 01:39.17 Wezenberg 04/01/2026					PB (25m pool): 01:38.70SB: 01:39.17 Wezenberg 04/01/2026						
	5 0 M		1 0 0 M								
PB	00:49.03		01:39.17								
	00:49.03		00:50.14								
											

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12										Heat:3, starttime: 16:00	
Heat: 3/6 Lane : 7 Athlete: LAURYSSSEN NETTE									Q-time: 01:35:42		
PB (50m pool): 01:40.29 Wezenberg 04/01/2026					PB (25m pool): 01:35.42SB: 01:40.29 Wezenberg 04/01/2026						
	5 0 M		1 0 0 M								
PB	00:48.19		01:40.29								
	00:48.19		00:52.10								
											

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:1, starttime: 16:10	
Heat: 1/2 Lane : 4 Athlete: LEMMENS NOAH							Q-time: 05:32:30	
PB (50m pool): 05:44.52 Mol 22/06/2025				PB (25m pool): 05:32.30SB: 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	00:37.94	01:21.87	02:09.49	02:55.27	03:41.65	04:28.87	05:07.87	05:44.52
	00:37.94	00:43.93	00:47.62	00:45.78	00:46.38	00:47.22	00:39.00	00:36.65
								

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:1, starttime: 16:10	
Heat: 1/2 Lane : 5 Athlete: WILLEMS RUBEN							Q-time: 05:34:66	
PB (50m pool): no time			PB (25m pool): 05:34.66 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	no time
	no time							
								

Coach feedback:

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Event number: 17: 400M MEDLEY MEN 13+							Heat:2, starttime: 16:17	
Heat: 2/2 Lane : 3 Athlete: KEISERS TIBO							Q-time: 05:10:70	
PB (50m pool): 05:23.33 Mol 22/06/2025				PB (25m pool): 05:10.70 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	00:32.36	01:12.90	01:56.92	02:38.36	03:24.92	04:12.89	04:49.20	05:23.33
	00:32.36	00:40.54	00:44.02	00:41.44	00:46.56	00:47.97	00:36.31	00:34.13
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 8 Athlete: LAMBRECHTS LOES					Q-time: 02:45:86
PB (50m pool): 02:54.55 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:45.86SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.83	01:27.67	02:16.54	02:54.55	
	00:38.83	00:48.84	00:48.87	00:38.01	
					

Coach feedback: