

PK 50m bad Antw: Session: 3: COACH Evaluation sheet for TEAM: AZK

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

Coaches: Michielsens 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: 20: 100M BUTTERFLY MEN 13+			Heat:1, starttime: 09:00
Heat: 1/7 Lane : 3 Athlete: CLAESSENS VIC			Q-time: 01:35:29
PB (50m pool): 01:35.29 Kortrijk 04/05/2025			PB (25m pool): 01:26.25 SB: no time
PB	5 0 M	1 0 0 M	
	00:41.00	01:35.29	
	00:41.00	00:54.29	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 09:05
Heat: 3/7 Lane : 1 Athlete: VAN LOON WIES			Q-time: 01:13:93
PB (50m pool): 01:13.93 Kortrijk 04/05/2025			PB (25m pool): 01:26.54 SB: no time
PB	5 0 M	1 0 0 M	
	00:34.09	01:13.93	
	00:34.09	00:39.84	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 09:08
Heat: 5/7 Lane : 5 Athlete: JORISSEN QUINTEN			Q-time: 01:04:60
PB (50m pool): 01:20.30 Antwerpen 14/07/2024			PB (25m pool): 01:04.60 SB: no time
PB	5 0 M	1 0 0 M	
	no time	01:20.30	
	no time		
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 09:17
Heat: 2/6 Lane : 7 Athlete: VAN LOOVEREN ASTER			Q-time: 01:27:23
PB (50m pool): 01:27.23 Antwerp 02/02/2025			PB (25m pool): 01:25.21 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.34	01:27.23	
	00:37.34	00:49.89	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:3, starttime: 09:19
Heat: 3/6 Lane : 8 Athlete: LAZEROMS SIEN			Q-time: 01:20:87
PB (50m pool): 01:20.87 Kortrijk 04/05/2025			PB (25m pool): 01:17.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.16	01:20.87	
	00:38.16	00:42.71	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 2 Athlete: CEULEMANS HANNE			Q-time: 01:14:56
PB (50m pool): 01:12.43 Antwerpen 16/07/2023			PB (25m pool): 01:12.30 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.43	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 8 Athlete: VAN GINNEKEN MARIT			Q-time: 01:18:61
PB (50m pool): 01:18.61 Kortrijk 04/05/2025			PB (25m pool): 01:15.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.82	01:18.61	
	00:35.82	00:42.79	
			

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:4, starttime: 09:32
Heat: 4/5 Lane : 5 Athlete: JOOSEN CIS				Q-time: 00:39:74
PB (50m pool): 00:39.74 Mol 22/06/2025				PB (25m pool): 00:38.51 SB: no time
	5 0 M			
PB	00:39.74			
	00:39.74			
				

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 09:44
Heat: 3/6 Lane : 3 Athlete: VAN GINNEKEN MARIT					Q-time: 02:42:54
PB (50m pool): 02:42.54 Antwerpen 20/07/2025					PB (25m pool): 02:34.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.44	01:17.46	02:00.82	02:42.54	
	00:36.44	00:41.02	00:43.36	00:41.72	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 09:44
Heat: 3/6 Lane : 6 Athlete: BROUWERS PHEBE					Q-time: 02:44:83
PB (50m pool): no time					PB (25m pool): 02:44.83 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	no time	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 09:48
Heat: 4/6 Lane : 5 Athlete: MICHIELSEN JINTHE					Q-time: 02:37:51
PB (50m pool): 02:35.84 ANTWERPEN 30/07/2023					PB (25m pool): 02:29.90 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	02:35.84	
	no time				
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 09:48
Heat: 4/6 Lane : 8 Athlete: AERNOOTS ROOS					Q-time: 02:40:80
PB (50m pool): 02:43.92 Kortrijk 14/05/2023					PB (25m pool): 02:36.68 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	02:43.92	
	no time				
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:4, starttime: 10:26
Heat: 4/5 Lane : 1 Athlete: JOOSEN CIS					Q-time: 01:17:30
PB (50m pool): 01:17.30 Kortrijk 04/05/2025					PB (25m pool): 01:16.09 SB: no time
	5 0 M	1 0 0 M			
PB	00:39.33	01:17.30			
	00:39.33	00:37.97			
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 10:46
Heat: 1/10 Lane : 5 Athlete: MAVRIQI ARRITA					Q-time: 03:02:04
PB (50m pool): 03:02.04 Antwerpen 13/07/2025					PB (25m pool): 02:54.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.70	01:27.64	02:16.52	03:02.04	
	00:39.70	00:47.94	00:48.88	00:45.52	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 10:50
Heat: 2/10 Lane : 4 Athlete: VAN LOOVEREN ASTER					Q-time: 02:41:89
PB (50m pool): 02:40.99 Lago Kortrijk Weide 28/04/2024					PB (25m pool): 02:28.81 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	02:40.99	
	no time				
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 6 Athlete: MATTHEEUSEN ELLA					Q-time: 02:25:59
PB (50m pool): 02:53.41 Lago Kortrijk Weide 28/04/2024 PB (25m pool): 02:25.59 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	02:53.41	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 1 Athlete: CEULEMANS HANNE					Q-time: 02:20:64
PB (50m pool): 02:20.64 Kortrijk 04/05/2025 PB (25m pool): 02:15.20 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.42	01:07.78	01:44.08	02:20.64	
	00:32.42	00:35.36	00:36.30	00:36.56	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:23
Heat: 2/9 Lane : 2 Athlete: CLAESSENS VIC					Q-time: 02:43:41
PB (50m pool): 02:43.41 Antwerpen 13/07/2025 PB (25m pool): 02:34.15 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.66	01:23.17	02:06.01	02:43.41	
	00:39.66	00:43.51	00:42.84	00:37.40	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 2 Athlete: JORISSEN QUINTEN					Q-time: 02:08:83
PB (50m pool): 02:22.88 Antwerpen 14/07/2024 PB (25m pool): 02:08.83 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	02:22.88	
	no time				
					

Coach feedback:

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Event number: 28: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 11:48	
Heat: 1/1 Lane : 1 Athlete: BROUWERS PHEBE							Q-time: 06:28:14	
PB (50m pool): 06:28.14 Mol 22/06/2025				PB (25m pool): 06:16.37 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	01:32.02	no time	no time	no time	no time	no time	06:28.14
	no time							
								

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 11:48	
Heat: 1/1 Lane : 7 Athlete: LAZEROMS SIEN							Q-time: 06:27:56	
PB (50m pool): 06:27.56 Mol 22/06/2025				PB (25m pool): 06:09.07SB: 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	00:41.82	01:30.08	02:22.38	03:12.19	04:05.82	05:01.66	05:46.59	06:27.56
	00:41.82	00:48.26	00:52.30	00:49.81	00:53.63	00:55.84	00:44.93	00:40.97
								

Coach feedback: