

PK 50m bad Antw: Session: 3: 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: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 09:08
Heat: 5/7 Lane : 4 Athlete: KEISERS TIBO			Q-time: 01:03:78
PB (50m pool): 01:04.45 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:03.78 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.28	01:04.45	
	00:29.28	00:35.17	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 6 Athlete: KENNIS NATHALIE			Q-time: 01:14:23
PB (50m pool): 01:10.48 Mol 23/06/2019 PB (25m pool): 01:09.98 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:10.48	
	no time		
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:1, starttime: 09:27
Heat: 1/5 Lane : 3 Athlete: VERSTRAETEN DJURRE			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:5, starttime: 09:34
Heat: 5/5 Lane : 1 Athlete: WILLEMS IWAN				Q-time: 00:38:15
PB (50m pool): no time		PB (25m pool): 00:38.15 SB: no time		
	5 0 M			
PB	no time			
	no time			
				

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 10:08
Heat: 3/5 Lane : 5 Athlete: WILLEMS RUBEN					Q-time: 02:31:50
PB (50m pool): 02:50.64 Antwerpen 14/07/2024			PB (25m pool): 02:31.22 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	02:50.64	
	no time				
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:2, starttime: 10:22
Heat: 2/5 Lane : 7 Athlete: VERSTRAETEN DJURRE				Q-time: 01:28:10
PB (50m pool): 01:28.99 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:28.10 SB: no time		
	5 0 M	1 0 0 M		
PB	00:42.23	01:28.99		
	00:42.23	00:46.76		
				

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:5, starttime: 10:28
Heat: 5/5 Lane : 6 Athlete: WILLEMS IWAN				Q-time: 01:11:23
PB (50m pool): 01:11.23 Wezenberg 04/01/2026		PB (25m pool): 01:12.78 SB: 01:11.23 Wezenberg 04/01/2026		
	5 0 M	1 0 0 M		
PB	00:33.15	01:11.23		
	00:33.15	00:38.08		
				

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:07
Heat: 7/10 Lane : 2 Athlete: LAMBRECHTS LOES					Q-time: 02:23:95
PB (50m pool): 02:38.47 Antwerpen 14/07/2024					PB (25m pool): 02:23.95 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	02:38.47	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 4 Athlete: KENNIS NATHALIE					Q-time: 02:18:16
PB (50m pool): 02:12.79 ANTWERPEN/ANVERS 01/08/2021					PB (25m pool): 02:08.89 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	02:12.79	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:33
Heat: 5/9 Lane : 5 Athlete: WILLEMS RUBEN					Q-time: 02:17:32
PB (50m pool): 02:25.28 Antwerpen 20/04/2025					PB (25m pool): 02:17.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.63	01:09.99	01:48.47	02:25.28	
	00:32.63	00:37.36	00:38.48	00:36.81	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:36
Heat: 6/9 Lane : 2 Athlete: LEMMENS NOAH					Q-time: 02:15:90
PB (50m pool): 02:24.66 Antwerpen 20/04/2025					PB (25m pool): 02:15.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.66	01:11.27	01:48.29	02:24.66	
	00:33.66	00:37.61	00:37.02	00:36.37	
					

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 11:42
Heat: 8/9 Lane : 5 Athlete: KEISERS TIBO					Q-time: 02:02:14
PB (50m pool): 02:07.43 Antwerpen 27/07/2025					PB (25m pool): 02:02.14 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.90	01:01.15	01:34.95	02:07.43	
	00:28.90	00:32.25	00:33.80	00:32.48	
					

Coach feedback: