

PK 50m bad Antw: Session: 4: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 14:06
Heat: 3/5 Lane : 7 Athlete: JOOSEN CIS			Q-time: 01:46:92
PB (50m pool): 01:46.92 Kortrijk 04/05/2025			PB (25m pool): 01:42.79 SB: no time
PB	5 0 M	1 0 0 M	
	00:54.87	01:46.92	
	00:54.87	00:52.05	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:15
Heat: 2/11 Lane : 1 Athlete: CLAESSENS VIC			Q-time: 00:33:95
PB (50m pool): 00:33.95 Wezenberg 05/01/2025			PB (25m pool): 00:33.10 SB: no time
PB	5 0 M		
	00:33.95		
	00:33.95		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 14:29
Heat: 2/14 Lane : 2 Athlete: MAVRIQI ARRITA			Q-time: 00:37:43
PB (50m pool): 00:37.43 Mol 22/06/2025			PB (25m pool): 00:34.25 SB: no time
PB	5 0 M		
	00:37.43		
	00:37.43		
			

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:5, starttime: 14:33
Heat: 5/14 Lane : 8 Athlete: MATTHEEUSEN ELLA		Q-time: 00:32:51
PB (50m pool): 00:32.38 Mol 22/06/2025		PB (25m pool): 00:30.56 SB: no time
	5 0 M	
PB	00:32.38	
	00:32.38	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 14:34
Heat: 6/14 Lane : 4 Athlete: AERNOUTS ROOS		Q-time: 00:31:57
PB (50m pool): 00:31.51 Antwerp 04/02/2024		PB (25m pool): 00:30.68 SB: no time
	5 0 M	
PB	00:31.51	
	00:31.51	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 14:36
Heat: 8/14 Lane : 1 Athlete: VAN LOOVEREN ASTER		Q-time: 00:31:18
PB (50m pool): 00:32.73 Lago Kortrijk Weide 28/04/2024		PB (25m pool): 00:31.18 SB: no time
	5 0 M	
PB	00:32.73	
	00:32.73	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 14:36
Heat: 8/14 Lane : 3 Athlete: VAN GINNEKEN MARIT		Q-time: 00:31:00
PB (50m pool): 00:31.00 Kortrijk 04/05/2025		PB (25m pool): 00:30.77 SB: no time
	5 0 M	
PB	00:31.00	
	00:31.00	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:9, starttime: 14:38	
Heat: 9/14 Lane : 4 Athlete: CEULEMANS HANNE				Q-time: 00:30:37	
PB (50m pool): 00:30.27 Antwerpen 14/07/2024				PB (25m pool): 00:29.67 SB: no time	
	5 0 M				
PB	00:30.27				
	00:30.27				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 14:39	
Heat: 10/14 Lane : 4 Athlete: MICHELSEN JINTHE				Q-time: 00:29:80	
PB (50m pool): 00:29.80 Kortrijk 04/05/2025				PB (25m pool): 00:29.18 SB: no time	
	5 0 M				
PB	00:29.80				
	00:29.80				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:3, starttime: 14:54	
Heat: 3/4 Lane : 2 Athlete: VAN LOON WIES				Q-time: 02:45:28	
PB (50m pool): 02:45.28 Kortrijk 04/05/2025				PB (25m pool): 02:35.44 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.47	01:19.12	02:02.22	02:45.28	
	00:36.47	00:42.65	00:43.10	00:43.06	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:06	
Heat: 2/4 Lane : 7 Athlete: LAZEROMS SIEN				Q-time: 03:15:38	
PB (50m pool): 03:15.38 Kortrijk 04/05/2025				PB (25m pool): 03:06.09 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.73	01:35.23	02:25.74	03:15.38	
	00:44.73	00:50.50	00:50.51	00:49.64	
					

Coach feedback:

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Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:06	
Heat: 2/4 Lane : 8 Athlete: MATTHEEUSEN ELLA				Q-time: 03:20:05	
PB (50m pool): 03:20.05 Kortrijk 04/05/2025				PB (25m pool): 03:12.32 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.56	01:38.72	02:30.10	03:20.05	
	00:46.56	00:52.16	00:51.38	00:49.95	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:5, starttime: 15:44	
Heat: 5/12 Lane : 7 Athlete: JOOSEN CIS				Q-time: 01:24:94	
PB (50m pool): 01:24.94 Mol 22/06/2025				PB (25m pool): 01:22.23 SB: no time	
	5 0 M	1 0 0 M			
PB	00:41.41	01:24.94			
	00:41.41	00:43.53			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:8, starttime: 15:52	
Heat: 8/12 Lane : 5 Athlete: JORISSEN QUINTEN				Q-time: 01:15:58	
PB (50m pool): 01:15.58 Antwerp 02/02/2025				PB (25m pool): 01:15.32 SB: no time	
	5 0 M	1 0 0 M			
PB	00:35.99	01:15.58			
	00:35.99	00:39.59			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:2, starttime: 16:07	
Heat: 2/11 Lane : 6 Athlete: MAVRIQI ARRITA				Q-time: 01:31:60	
PB (50m pool): 01:31.60 Antwerpen 13/07/2025				PB (25m pool): 01:29.53 SB: no time	
	5 0 M	1 0 0 M			
PB	00:44.49	01:31.60			
	00:44.49	00:47.11			
					

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 4 Athlete: BROUWERS PHEBE			Q-time: 01:26:39
PB (50m pool): 01:26.39 Antwerpen 13/07/2025			PB (25m pool): 01:18.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.15	01:26.39	
	00:41.15	00:45.24	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:13
Heat: 4/11 Lane : 7 Athlete: VAN LOOVEREN ASTER			Q-time: 01:23:65
PB (50m pool): 01:23.65 Wezenberg 05/01/2025			PB (25m pool): 01:16.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.25	01:23.65	
	00:40.25	00:43.40	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 2 Athlete: AERNOUTS ROOS			Q-time: 01:15:52
PB (50m pool): 01:15.31 Kortrijk 14/05/2023			PB (25m pool): 01:13.31 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:15.31	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:23
Heat: 8/11 Lane : 1 Athlete: VAN GINNEKEN MARIT			Q-time: 01:14:21
PB (50m pool): 01:14.21 Kortrijk 04/05/2025			PB (25m pool): 01:10.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.25	01:14.21	
	00:36.25	00:37.96	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:10, starttime: 16:28
Heat: 10/11 Lane : 8 Athlete: MICHIELSEN JINTHE				Q-time: 01:12:01
PB (50m pool): 01:10.77 Kortrijk 14/05/2023				PB (25m pool): 01:07.46 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:10.77		
	no time			
				

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44
Heat: 4/5 Lane : 1 Athlete: VAN LOON WIES					Q-time: 02:29:97
PB (50m pool): 02:29.97 Kortrijk 04/05/2025					PB (25m pool): 02:26.04 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.15	01:12.82	01:54.02	02:29.97	
	00:33.15	00:39.67	00:41.20	00:35.95	
					

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02
Heat: 2/2 Lane : 1 Athlete: TEAM AZK 1							Q-time: 04:40:70
PB (50m pool):		PB (25m pool):			SB:		
	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							
							

Coach feedback: