

PK 50m bad Antw: Session: 4: 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: Verachttert Elke

PB => Personal Best time

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

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 14:00
Heat: 1/5 Lane : 5 Athlete: VERSTRAETEN DJURRE			Q-time: 01:59:02
PB (50m pool): 01:59.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	00:56.40	01:59.02	
	00:56.40	01:02.62	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 14:08
Heat: 4/5 Lane : 2 Athlete: WILLEMS IWAN			Q-time: 01:43:47
PB (50m pool): 01:43.47 Wezenberg 04/01/2026 PB (25m pool): 01:40.41 SB: 01:43.47 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M	
PB	00:48.52	01:43.47	
	00:48.52	00:54.95	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:9, starttime: 14:23
Heat: 9/11 Lane : 3 Athlete: KEISERS TIBO			Q-time: 00:25:89
PB (50m pool): 00:26.75 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.89 SB: no time			
	5 0 M		
PB	00:26.75		
	00:26.75		
			

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:6, starttime: 14:34	
Heat: 6/14 Lane : 1 Athlete: LAMBRECHTS LOES				Q-time: 00:31:81	
PB (50m pool): 00:32.24 Mol 22/06/2025				PB (25m pool): 00:31.81 SB: no time	
	5 0 M				
PB	00:32.24				
	00:32.24				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 5 Athlete: KENNIS NATHALIE				Q-time: 00:28:31	
PB (50m pool): 00:28.65 ANTWERPEN 31/07/2022				PB (25m pool): 00:27.33 SB: no time	
	5 0 M				
PB	00:28.65				
	00:28.65				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:3, starttime: 14:54	
Heat: 3/4 Lane : 1 Athlete: LEMMENS NOAH				Q-time: 02:46:70	
PB (50m pool): 02:53.99 Antwerpen 13/07/2025				PB (25m pool): 02:46.70 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.67	01:24.69	02:09.88	02:53.99	
	00:39.67	00:45.02	00:45.19	00:44.11	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 15:36	
Heat: 2/12 Lane : 5 Athlete: VERSTRAETEN DJURRE				Q-time: 01:34:94	
PB (50m pool): no time				PB (25m pool): 01:34.94 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+				Heat:6, starttime: 15:47	
Heat: 6/12 Lane : 8 Athlete: WILLEMS IWAN				Q-time: 01:22:57	
PB (50m pool): 01:28.36 Wezenberg 04/01/2026				PB (25m pool): 01:22.57 SB: 01:28.36 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:42.76	01:28.36			
	00:42.76	00:45.60			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:9, starttime: 15:55	
Heat: 9/12 Lane : 6 Athlete: WILLEMS RUBEN				Q-time: 01:11:41	
PB (50m pool): 01:14.25 Wezenberg 05/01/2025				PB (25m pool): 01:11.41 SB: 01:16.56 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:36.08	01:14.25			
	00:36.08	00:38.17			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:6, starttime: 16:18	
Heat: 6/11 Lane : 1 Athlete: LAMBRECHTS LOES				Q-time: 01:18:67	
PB (50m pool): 01:23.44 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 01:18.67 SB: no time	
	5 0 M	1 0 0 M			
PB	00:41.29	01:23.44			
	00:41.29	00:42.15			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:3, starttime: 16:40	
Heat: 3/5 Lane : 2 Athlete: LEMMENS NOAH				Q-time: 02:33:71	
PB (50m pool): 02:39.62 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 02:33.71 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.75	01:20.44	02:04.72	02:39.62	
	00:35.75	00:44.69	00:44.28	00:34.90	
					

Coach feedback: