

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 07:10 untill 08:25. Teamleadmeeting @ 07:45 The listed starttimes are indicative!

Coaches: Van Eetvelde Kasper

Coaches: Lenders Maartje HEADCOACH

Coaches: Bes Hannes

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 08:45
Heat: 8/25 Lane : 3 Athlete: CLAESSENS VIC					Q-time: 01:22:61
PB (25m pool): 01:22.61 Temse 17/11/2025					PB (50m pool): 01:28.73 SB: 01:22.61 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.42		01:22.61	
		00:40.42		00:42.19	
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 08:50
Heat: 9/25 Lane : 6 Athlete: JOOSEN CIS					Q-time: 01:22:23
PB (25m pool): 01:22.23 Kapellen 21/12/2025					PB (50m pool): 01:24.38 SB: 01:22.23 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.71		01:22.23	
		00:40.71		00:41.52	
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:16, starttime: 09:05
Heat: 16/25 Lane : 1 Athlete: VAN LOON WIES					Q-time: 01:10:43
PB (25m pool): 01:10.43 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:16.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.88		01:10.43	
		00:33.88		00:36.55	
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 09:25
Heat: 4/25 Lane : 5 Athlete: MAVRIQI ARRITA					Q-time: 01:37:11
PB (25m pool): 01:37.11 Kapellen 21/12/2025					PB (50m pool): 01:41.13 SB: 01:37.11 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.94		01:37.11	
	00:44.94		00:52.17		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 09:30
Heat: 5/25 Lane : 2 Athlete: VAN LOOVEREN ASTER					Q-time: 01:35:73
PB (25m pool): 01:37.91 Diksmuide 17/11/2024					PB (50m pool): 01:34.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.25		01:37.91	
	00:46.25		00:51.66		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 09:35
Heat: 8/25 Lane : 3 Athlete: AERNOUTS ROOS					Q-time: 01:32:90
PB (25m pool): 01:27.68 Geel 19/02/2023					PB (50m pool): 01:30.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.68	
	no time				
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:12, starttime: 09:40
Heat: 12/25 Lane : 6 Athlete: BROUWERS PHEBE					Q-time: 01:29:36
PB (25m pool): 01:29.36 Temse 17/11/2025					PB (50m pool): 01:37.54 SB: 01:29.36 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:29.36	
	00:42.69		00:46.67		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 09:45
Heat: 14/25 Lane : 2 Athlete: MATTHEEUSEN ELLA					Q-time: 01:26:83
PB (25m pool): 01:26.83 Temse 17/11/2025					PB (50m pool): 01:31.45 SB: 01:26.83 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.44		01:26.83	
	00:41.44		00:45.39		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 09:45
Heat: 14/25 Lane : 5 Athlete: BROUWERS MISCHA					Q-time: 01:27:19
PB (25m pool): 01:27.19 Arendonk 30/11/2025					PB (50m pool): 01:32.12 SB: 01:27.19 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.02		01:27.19	
	00:41.02		00:46.17		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:17, starttime: 09:50
Heat: 17/25 Lane : 4 Athlete: LAZEROMS SIEN					Q-time: 01:24:95
PB (25m pool): 01:24.95 Arendonk 30/11/2025					PB (50m pool): 01:26.04 SB: 01:24.95 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.45		01:24.95	
	00:41.45		00:43.50		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 10:10
Heat: 3/18 Lane : 2 Athlete: JOOSEN CIS					Q-time: 01:40:51
PB (25m pool): no time					PB (50m pool): 01:40.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 10:15
Heat: 4/18 Lane : 2 Athlete: CLAESSENS VIC					Q-time: 01:26:25
PB (25m pool): 01:26.25 Arendonk 30/11/2025					PB (50m pool): 01:26.78 SB: 01:26.25 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.60		01:26.25	
	00:38.60		00:47.65		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:13, starttime: 10:25
Heat: 13/18 Lane : 5 Athlete: JORISSEN QUINTEN					Q-time: 01:04:60
PB (25m pool): 01:04.60 Kapellen 21/12/2025					PB (50m pool): 01:10.55 SB: 01:04.60 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.65		01:04.60	
	00:29.65		00:34.95		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 10:55
Heat: 7/42 Lane : 2 Athlete: MAVRIQI ARRITA					Q-time: 01:19:24
PB (25m pool): 01:19.24 Antwerpen 12/10/2025					PB (50m pool): 01:17.21 SB: 01:19.24 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.47		01:19.24	
	00:38.47		00:40.77		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 11:00
Heat: 8/42 Lane : 1 Athlete: CLAESSENS MARIE					Q-time: 01:18:92
PB (25m pool): 01:18.92 Arendonk 30/11/2025					PB (50m pool): 01:19.52 SB: 01:18.92 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.44		01:18.92	
	00:38.44		00:40.48		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:19, starttime: 11:15
Heat: 19/42 Lane : 1 Athlete: LAZEROMS SIEN					Q-time: 01:09:14
PB (25m pool): 01:09.14 Temse 17/11/2025					PB (50m pool): 01:10.84 SB: 01:09.14 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.07		01:09.14	
	00:33.07		00:36.07		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:20, starttime: 11:20
Heat: 20/42 Lane : 2 Athlete: BROUWERS PHEBE					Q-time: 01:08:53
PB (25m pool): 01:08.53 Temse 17/11/2025					PB (50m pool): 01:07.51 SB: 01:08.53 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.42		01:08.53	
	00:33.42		00:35.11		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:22, starttime: 11:20
Heat: 22/42 Lane : 6 Athlete: AERNOUTS ROOS					Q-time: 01:07:93
PB (25m pool): 01:07.00 Sinbad 23/07/2024					PB (50m pool): 01:07.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.00	
	no time				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:24, starttime: 11:25
Heat: 24/42 Lane : 5 Athlete: VAN LOOVEREN ASTER					Q-time: 01:07:22
PB (25m pool): 01:07.22 Arendonk 30/11/2025					PB (50m pool): 01:09.74 SB: 01:07.22 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.92		01:07.22	
	00:31.92		00:35.30		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:26, starttime: 11:25
Heat: 26/42 Lane : 2 Athlete: VAN GINNEKEN MARIT					Q-time: 01:06:41
PB (25m pool): 01:06.41 Antwerpen 12/10/2025					PB (50m pool): 01:08.35 SB: 01:06.41 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.05		01:06.41	
	00:32.05		00:34.36		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:26, starttime: 11:25
Heat: 26/42 Lane : 5 Athlete: MATTHEEUSEN ELLA					Q-time: 01:06:42
PB (25m pool): 01:06.42 Kapellen 21/12/2025					PB (50m pool): 01:08.18 SB: 01:06.42 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.66		01:06.42	
	00:31.66		00:34.76		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:31, starttime: 11:35
Heat: 31/42 Lane : 6 Athlete: MICHIELSEN JINTHE					Q-time: 01:04:40
PB (25m pool): 01:04.40 Antwerpen 12/10/2025					PB (50m pool): 01:05.72 SB: 01:04.40 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.26		01:04.40	
	00:31.26		00:33.14		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:32, starttime: 11:35
Heat: 32/42 Lane : 4 Athlete: BROUWERS MISCHA					Q-time: 01:03:94
PB (25m pool): 01:03.94 Kapellen 21/12/2025					PB (50m pool): 01:10.06 SB: 01:03.94 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.16		01:03.94	
	00:30.16		00:33.78		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:33, starttime: 11:35
Heat: 33/42 Lane : 3 Athlete: CEULEMANS HANNE					Q-time: 01:03:48
PB (25m pool): 01:03.48 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:04.98 SB: 01:04.87 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.81		01:03.48	
	00:30.81		00:32.67		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:18, starttime: 12:25
Heat: 18/28 Lane : 5 Athlete: JORISSEN QUINTEN					Q-time: 01:10:39
PB (25m pool): 01:10.39 Kalmthout 23/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.39	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:23, starttime: 12:30
Heat: 23/28 Lane : 5 Athlete: VAN LOON WIES					Q-time: 01:05:64
PB (25m pool): 01:04.14 Kalmthout 08/02/2026 PB (50m pool): no time SB: 01:04.14 Kalmthout 08/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.14	
	no time				
					

Coach feedback: