

ZGEEL 2daagse 26: Session: 3: 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: 14: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 08:30
Heat: 2/26 Lane : 3 Athlete: MAVRIQI ARRITA					Q-time: 01:29:53
PB (25m pool): 01:29.53 Antwerpen 12/10/2025					PB (50m pool): 01:28.85 SB: 01:29.53 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.16		01:29.53	
		00:43.16		00:46.37	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 08:30
Heat: 2/26 Lane : 4 Athlete: CLAESSENS MARIE					Q-time: 01:29:65
PB (25m pool): 01:29.65 Kapellen 21/12/2025					PB (50m pool): 01:33.43 SB: 01:29.65 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.06		01:29.65	
		00:44.06		00:45.59	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 08:45
Heat: 7/26 Lane : 5 Athlete: LAZEROMS SIEN					Q-time: 01:22:83
PB (25m pool): 01:22.83 Antwerpen 12/10/2025					PB (50m pool): 01:24.67 SB: 01:22.83 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.79		01:22.83	
		00:39.79		00:43.04	
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: AZK

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 08:55
Heat: 13/26 Lane : 6 Athlete: MATTHEEUSEN ELLA					Q-time: 01:17:81
PB (25m pool): 01:17.81 Sinbad 22/07/2025					PB (50m pool): 01:20.37 SB: 01:17.97 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.16		01:17.81	
	00:37.16		00:40.65		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:14, starttime: 08:55
Heat: 14/26 Lane : 2 Athlete: VAN LOOVEREN ASTER					Q-time: 01:16:28
PB (25m pool): 01:16.28 Kapellen 21/12/2025					PB (50m pool): 01:21.75 SB: 01:16.28 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.11		01:16.28	
	00:36.11		00:40.17		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:18, starttime: 09:05
Heat: 18/26 Lane : 6 Athlete: AERNOOTS ROOS					Q-time: 01:14:41
PB (25m pool): 01:13.31 Kapellen 02/06/2024					PB (50m pool): 01:15.31 SB: 01:14.78 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.31	
	no time				
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:22, starttime: 09:10
Heat: 22/26 Lane : 6 Athlete: VAN GINNEKEN MARIT					Q-time: 01:10:68
PB (25m pool): 01:10.68 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:13.29 SB: 01:10.94 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.18		01:10.68	
	00:34.18		00:36.50		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: AZK

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:25, starttime: 09:20
Heat: 25/26 Lane : 5 Athlete: MICHIELSEN JINTHE					Q-time: 01:07:46
PB (25m pool): 01:07.46 Kapellen 01/06/2025			PB (50m pool): 01:10.77 SB: 01:07.92 Kapellen 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.10		01:07.46	
	00:33.10		00:34.36		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 09:25
Heat: 2/20 Lane : 1 Athlete: CLAESSENS VIC					Q-time: 01:37:41
PB (25m pool): 01:37.41 Antwerpen 12/10/2025			PB (50m pool): 01:46.47 SB: 01:37.41 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.96		01:37.41	
	00:46.96		00:50.45		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:18, starttime: 09:50
Heat: 18/20 Lane : 2 Athlete: VAN LOON WIES					Q-time: 01:07:57
PB (25m pool): 01:07.57 Arendonk 30/11/2025			PB (50m pool): 01:12.57 SB: 01:07.57 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.55		01:07.57	
	00:31.55		00:36.02		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:00
Heat: 2/19 Lane : 4 Athlete: CLAESSENS MARIE					Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time 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:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: AZK

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 10:00
Heat: 3/19 Lane : 2 Athlete: MAVRIQI ARRITA					Q-time: 01:44:64
PB (25m pool): 01:44.64 Arendonk 30/11/2025					PB (50m pool): 01:47.06 SB: 01:44.64 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.24		01:44.64	
	00:43.24		01:01.40		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:8, starttime: 10:10
Heat: 8/19 Lane : 4 Athlete: VAN LOOVEREN ASTER					Q-time: 01:25:21
PB (25m pool): 01:25.21 Antwerpen 12/10/2025					PB (50m pool): 01:27.23 SB: 01:25.21 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.03		01:25.21	
	00:38.03		00:47.18		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:9, starttime: 10:10
Heat: 9/19 Lane : 6 Athlete: MATTHEEUSEN ELLA					Q-time: 01:24:11
PB (25m pool): 01:24.11 Arendonk 30/11/2025					PB (50m pool): 01:30.17 SB: 01:24.11 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.68		01:24.11	
	00:38.68		00:45.43		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:13, starttime: 10:20
Heat: 13/19 Lane : 1 Athlete: LAZEROMS SIEN					Q-time: 01:17:56
PB (25m pool): 01:17.56 Temse 17/11/2025					PB (50m pool): 01:19.35 SB: 01:17.56 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.59		01:17.56	
	00:36.59		00:40.97		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: AZK

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:13, starttime: 10:20
Heat: 13/19 Lane : 3 Athlete: VAN GINNEKEN MARIT					Q-time: 01:15:78
PB (25m pool): 01:15.78 Antwerpen 12/10/2025			PB (50m pool): 01:17.63 SB: 01:15.78 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.24		01:15.78	
	00:34.24		00:41.54		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:15, starttime: 10:20
Heat: 15/19 Lane : 4 Athlete: MICHELSEN JINTHE					Q-time: 01:12:02
PB (25m pool): 01:12.02 Antwerpen 12/10/2025			PB (50m pool): 01:13.29 SB: 01:12.02 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.62		01:12.02	
	00:33.62		00:38.40		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:7, starttime: 10:50
Heat: 7/37 Lane : 2 Athlete: JOOSEN CIS					Q-time: 01:16:09
PB (25m pool): 01:16.09 Antwerpen 12/10/2025			PB (50m pool): 01:13.39 SB: 01:16.09 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.99		01:16.09	
	00:36.99		00:39.10		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:11, starttime: 10:55
Heat: 11/37 Lane : 5 Athlete: CLAESSENS VIC					Q-time: 01:10:66
PB (25m pool): 01:10.66 Kapellen 21/12/2025			PB (50m pool): 01:10.72 SB: 01:10.66 Kapellen 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.18		01:10.66	
	00:34.18		00:36.48		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: AZK

Event number: 17: 100M FREESTYLE MEN 11+					Heat:21, starttime: 11:10
Heat: 21/37 Lane : 3 Athlete: JORISSEN QUINTEN					Q-time: 01:01:39
PB (25m pool): 01:01.39 Kapellen 01/06/2025					PB (50m pool): 00:59.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.22		01:01.39	
	00:29.22		00:32.17		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:27, starttime: 11:20
Heat: 27/37 Lane : 1 Athlete: VAN LOON WIES					Q-time: 00:58:44
PB (25m pool): 00:58.44 Arendonk 30/11/2025					PB (50m pool): 01:01.17 SB: 00:58.44 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.80		00:58.44	
	00:27.80		00:30.64		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:22, starttime: 12:15
Heat: 22/33 Lane : 3 Athlete: AERNOUTS ROOS					Q-time: 01:15:92
PB (25m pool): 01:15.92 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: 01:20.92 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.37		01:15.92	
	00:34.37		00:41.55		
					

Coach feedback: