

GP Stad Turnhout: Session: 1: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Torfs Agnes

Coaches: Claassen Benny HEADCOACH

Coaches: Verachttert Elke

PB => Personal Best time

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

Event number: 1: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:01
Heat: 2/6 Lane : 3 Athlete: LAURYSSSEN NETTE			Q-time: 00:38:88
PB (25m pool): 00:38.88 Hoogstraten 28/09/2025			PB (50m pool): 00:41.35 SB: 00:38.88 Hoogstraten 28/09/2025
	2 5 M	5 0 M	
PB		00:38.88	
		00:38.88	
			

Coach feedback:

Event number: 1: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:01
Heat: 2/6 Lane : 4 Athlete: PEETERS LENA			Q-time: 00:41:59
PB (25m pool): 00:41.59 Hoogstraten 28/09/2025			PB (50m pool): 00:41.88 SB: 00:41.59 Hoogstraten 28/09/2025
	2 5 M	5 0 M	
PB		00:41.59	
		00:41.59	
			

Coach feedback:

Event number: 1: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 14:02
Heat: 3/6 Lane : 5 Athlete: VAN COTTHEM NIKA			Q-time: 00:36:91
PB (25m pool): 00:36.91 Hoogstraten 28/09/2025			PB (50m pool): 00:38.26 SB: 00:36.91 Hoogstraten 28/09/2025
	2 5 M	5 0 M	
PB		00:36.91	
		00:36.91	
			

Coach feedback:

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Event number: 1: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 14:03
Heat: 4/6 Lane : 3 Athlete: LAMBRECHTS LOES			Q-time: 00:31:81
PB (25m pool): 00:31.81 Nijlen 16/11/2025			PB (50m pool): 00:32.24 SB: 00:31.81 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:31.81	
		00:31.81	
			

Coach feedback:

Event number: 2: 50M FREESTYLE MEN 11+			Heat:1, starttime: 14:06
Heat: 1/6 Lane : 2 Athlete: VERSTRAETEN DJURRE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 2: 50M FREESTYLE MEN 11+			Heat:3, starttime: 14:08
Heat: 3/6 Lane : 1 Athlete: WILLEMS IWAN			Q-time: 00:33:96
PB (25m pool): 00:33.96 Hoogstraten 28/09/2025			PB (50m pool): 00:34.95 SB: 00:33.96 Hoogstraten 28/09/2025
	2 5 M	5 0 M	
PB		00:33.96	
		00:33.96	
			

Coach feedback:

Event number: 2: 50M FREESTYLE MEN 11+			Heat:4, starttime: 14:09
Heat: 4/6 Lane : 3 Athlete: WILLEMS RUBEN			Q-time: 00:29:21
PB (25m pool): 00:29.21 Nijlen 16/11/2025			PB (50m pool): 00:29.88 SB: 00:29.21 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:29.21	
		00:29.21	
			

Coach feedback:

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Event number: 2: 50M FREESTYLE MEN 11+				Heat:5, starttime: 14:09	
Heat: 5/6 Lane : 1 Athlete: LEMMENS NOAH				Q-time: 00:28:68	
PB (25m pool): 00:28.68 Nijlen 16/11/2025				PB (50m pool): 00:29.54 SB: 00:28.68 Nijlen 16/11/2025	
	2 5 M	5 0 M			
PB		00:28.68			
		00:28.68			
					

Coach feedback:

Event number: 2: 50M FREESTYLE MEN 11+				Heat:6, starttime: 14:10	
Heat: 6/6 Lane : 2 Athlete: KEISERS TIBO				Q-time: 00:25:89	
PB (25m pool): 00:25.89 Antwerpen 12/10/2025				PB (50m pool): 00:26.35 SB: 00:25.89 Antwerpen 12/10/2025	
	2 5 M	5 0 M			
PB		00:25.89			
		00:25.89			
					

Coach feedback:

Event number: 3: 100M BACKSTROKE MIXED 9-10				Heat:2, starttime: 14:14	
Heat: 2/2 Lane : 5 Athlete: VAN VORST MARIE				Q-time: 01:58:35	
PB (25m pool): 01:58.35 2370 Arendonk 21/12/2025				PB (50m pool): no time SB: 01:58.35 2370 Arendonk 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:58.88		01:58.35	
		00:58.88		00:59.47	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+				Heat:2, starttime: 14:20	
Heat: 2/6 Lane : 4 Athlete: VAN COTTHEM NIKA				Q-time: 01:38:14	
PB (25m pool): 01:39.94 Stedelijk Zwembad Geel 16/02/2025				PB (50m pool): 01:38.14 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.94	
		no time			
					

Coach feedback:

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Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:22
Heat: 3/6 Lane : 6 Athlete: LAURYSSSEN NETTE					Q-time: 01:35:42
PB (25m pool): 01:35.42 2370 Arendonk 21/12/2025					PB (50m pool): 01:37.33 SB: 01:35.42 2370 Arendonk 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.92		01:35.42	
	00:45.92		00:49.50		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 14:38
Heat: 4/5 Lane : 6 Athlete: WILLEMS IWAN					Q-time: 01:22:57
PB (25m pool): 01:22.57 Nijlen 16/11/2025					PB (50m pool): 01:24.73 SB: 01:22.57 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.54		01:22.57	
	00:40.54		00:42.03		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 14:40
Heat: 5/5 Lane : 1 Athlete: WILLEMS RUBEN					Q-time: 01:11:41
PB (25m pool): 01:11.41 Nijlen 16/11/2025					PB (50m pool): 01:11.15 SB: 01:11.41 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.46		01:11.41	
	00:34.46		00:36.95		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 14:40
Heat: 5/5 Lane : 2 Athlete: KEISERS TIBO					Q-time: 01:07:32
PB (25m pool): 01:07.32 Herentals 17/05/2025					PB (50m pool): 01:10.13 SB: 01:09.66 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.35		01:07.32	
	00:33.35		00:33.97		
					

Coach feedback:

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Event number: 7: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 14:49
Heat: 3/7 Lane : 3 Athlete: PEETERS LENA					Q-time: 01:42:02
PB (25m pool): 01:36.71 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:39.96 SB: 01:36.71 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.34		01:36.71	
	00:45.34		00:51.37		
					

Coach feedback:

Event number: 7: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 14:55
Heat: 6/7 Lane : 1 Athlete: LAMBRECHTS LOES					Q-time: 01:30:03
PB (25m pool): 01:30.03 Turnhout 02/03/2025 PB (50m pool): 01:33.03 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.75		01:30.03	
	00:42.75		00:47.28		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:02
Heat: 2/6 Lane : 5 Athlete: VERSTRAETEN DJURRE					Q-time: 01:59:02
PB (25m pool): no time PB (50m pool): 01:59.02 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:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:10
Heat: 6/6 Lane : 5 Athlete: LEMMENS NOAH					Q-time: 01:20:05
PB (25m pool): 01:18.73 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:21.68 SB: 01:18.73 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.78		01:18.73	
	00:37.78		00:40.95		
					

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 15:27
Heat: 1/3 Lane : 3 Athlete: VAN COTTHEM NIKA					Q-time: 01:34:00
PB (25m pool): 01:31.59 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:37.40 SB: 01:31.59 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.27		01:31.59	
	00:42.27		00:49.32		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 15:37
Heat: 3/3 Lane : 4 Athlete: WILLEMS RUBEN					Q-time: 01:09:61
PB (25m pool): 01:09.61 Antwerpen 12/10/2025 PB (50m pool): 01:13.18 SB: 01:09.61 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.74		01:09.61	
	00:31.74		00:37.87		
					

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 15:44
Heat: 3/8 Lane : 1 Athlete: LAURYSSSEN NETTE					Q-time: 01:25:79
PB (25m pool): 01:25.79 Nijlen 16/11/2025 PB (50m pool): 01:23.09 SB: 01:25.79 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.88		01:25.79	
	00:39.88		00:45.91		
					

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:45
Heat: 4/8 Lane : 4 Athlete: PEETERS LENA					Q-time: 01:18:10
PB (25m pool): 01:18.65 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.26 SB: 01:18.65 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.06		01:18.65	
	00:38.06		00:40.59		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:50
Heat: 7/8 Lane : 4 Athlete: LAMBRECHTS LOES					Q-time: 01:06:72
PB (25m pool): 01:06.72 Nijlen 16/11/2025			PB (50m pool): 01:08.01 SB: 01:06.72 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.41		01:06.72	
	00:32.41		00:34.31		
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+					Heat:2, starttime: 15:55
Heat: 2/8 Lane : 3 Athlete: VERSTRAETEN DJURRE					Q-time: 01:28:10
PB (25m pool): 01:28.10 2370 Arendonk 21/12/2025			PB (50m pool): 01:28.99 SB: 01:28.10 2370 Arendonk 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.36		01:28.10	
	00:41.36		00:46.74		
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+					Heat:4, starttime: 15:59
Heat: 4/8 Lane : 3 Athlete: WILLEMS IWAN					Q-time: 01:11:23
PB (25m pool): 01:12.78 Nijlen 16/11/2025			PB (50m pool): 01:11.23 SB: 01:12.78 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.93		01:12.78	
	00:34.93		00:37.85		
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+					Heat:7, starttime: 16:03
Heat: 7/8 Lane : 1 Athlete: LEMMENS NOAH					Q-time: 01:03:11
PB (25m pool): 01:02.34 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:04.87 SB: 01:02.34 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.34		01:02.34	
	00:30.34		00:32.00		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+					Heat:8, starttime: 16:04
Heat: 8/8 Lane : 4 Athlete: KEISERS TIBO					Q-time: 00:55:86
PB (25m pool): 00:55.55 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:57.45 SB: 00:55.55 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.60		00:55.55	
	00:26.60		00:28.95		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MIXED 9-10					Heat:2, starttime: 16:09
Heat: 2/2 Lane : 5 Athlete: VAN VORST MARIE					Q-time: 01:37:31
PB (25m pool): 01:37.31 Arendonk 30/11/2025 PB (50m pool): 01:49.63 SB: 01:37.31 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.06		01:37.31	
	00:46.06		00:51.25		
					

Coach feedback: