

200M KST: Session: 1: COACH Evaluation sheet for TEAM: AZV

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

Coaches: Claassen Benny HEADCOACH

Coaches: Torfs Agnes

PB => Personal Best time

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

Event number: 2: 200M MEDLEY WOMEN 11+ Heat:3, starttime: 14:11

Heat: 3/8 Lane : 2 Athlete: LAURYSSSEN NETTE							Q-time: 03:44:94	
PB (25m pool): 03:44.94 Arendonk 30/11/2025				PB (50m pool): no time SB: 03:44.94 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:53.79		no time		no time		03:44.94
	00:53.79							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 14:15

Heat: 4/8 Lane : 3 Athlete: VAN COTTHEM NIKA							Q-time: 03:27:29	
PB (25m pool): 03:27.29 Antwerpen 12/10/2025				PB (50m pool): 03:45.30 SB: 03:27.29 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.72		01:36.19		02:39.03		03:27.29
	00:44.72		00:51.47		01:02.84		00:48.26	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+ Heat:5, starttime: 14:19

Heat: 5/8 Lane : 6 Athlete: PEETERS LENA							Q-time: 03:19:81	
PB (25m pool): 03:19.81 Arendonk 30/11/2025				PB (50m pool): no time SB: 03:19.81 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.98		no time		no time		03:19.81
	00:46.98							
								

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:41	
Heat: 3/6 Lane : 4 Athlete: VERSTRAETEN DJURRE							Q-time: 03:27:66	
PB (25m pool): 03:27.66 Arendonk 30/11/2025			PB (50m pool): no time SB: 03:27.66 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.38		no time		no time		03:27.66
	00:45.38							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/6 Lane : 6 Athlete: WILLEMS IWAN							Q-time: 02:57:72	
PB (25m pool): 02:57.72 Arendonk 30/11/2025				PB (50m pool): no time SB: 02:57.72 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.89		no time		no time		02:57.72
	00:39.89							
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE MIXED 9-10							Heat:1, starttime: 15:19	
Heat: 1/1 Lane : 5 Athlete: VAN VORST 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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:47	
Heat: 3/5 Lane : 6 Athlete: PEETERS LENA							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/4 Lane : 1 Athlete: VERSTRAETEN DJURRE							Q-time: 04:21:22	
PB (25m pool): 04:21.22 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): no time SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:59.36		02:08.17		no time		04:21.22
	00:59.36		01:08.81					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:29	
Heat: 3/7 Lane : 4 Athlete: LAURYSSSEN NETTE							Q-time: 03:32:28	
PB (25m pool): 03:32.28 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): no time SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.03		01:38.91		no time		03:32.28
	00:45.03		00:53.88					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:33	
Heat: 4/7 Lane : 5 Athlete: VAN COTTHEM NIKA							Q-time: 03:12:86	
PB (25m pool): 03:12.86 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 03:15.34SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.00		01:32.02		no time		03:12.86
	00:43.00		00:49.02					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/6 Lane : 1 Athlete: WILLEMS IWAN							Q-time: 03:03:71	
PB (25m pool): 03:03.71 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): no time SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.48		01:27.86		no time		03:03.71
	00:39.48		00:48.38					
								

Coach feedback: