

Memorial Yu Jacob: Session: 1: COACH Evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 18:00 untill 18:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Torfs Agnes

Coaches: Claassen Benny HEADCOACH

Coaches: Verachtert Elke

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 19:00	
Heat: 1/3 Lane : 3 Athlete: VAN COTTHEM NIKA							Q-time: 06:20:24	
PB (25m pool): 06:20.24 Antwerpen 12/10/2025			PB (50m pool): 07:11.73SB: 06:20.24 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:42.33		01:29.33		02:17.28		03:06.49
	00:42.33		00:47.00		00:47.95		00:49.21	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:56.18		04:45.92		05:34.21		06:20.24
	00:49.69		00:49.74		00:48.29		00:46.03	
								

Coach feedback:

Event number: 2: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 19:21	
Heat: 1/2 Lane : 3 Athlete: WILLEMS IWAN							Q-time: 05:56:64	
PB (25m pool): 05:56.64 Antwerpen 12/10/2025			PB (50m pool): no time SB: 05:56.64 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:40.05		01:25.77		02:13.32		02:58.92
	00:40.05		00:45.72		00:47.55		00:45.60	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:46.29		04:30.53		05:10.98		05:56.64
	00:47.37		00:44.24		00:40.45		00:45.66	
								

Coach feedback:

Memorial Yu Jacob: Session: 1: COACH Evaluation sheet for TEAM: AZV

Event number: 2: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 19:21	
Heat: 1/2 Lane : 5 Athlete: VERSTRAETEN DJURRE							Q-time: 07:06:72	
PB (25m pool): 07:06.72 Herentals 04/10/2025				PB (50m pool): no time SB: 07:06.72 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:44.35		01:34.86		02:25.86		03:19.76
	00:44.35		00:50.51		00:51.00		00:53.90	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:16.42		05:09.62		06:08.44		07:06.72
	00:56.66		00:53.20		00:58.82		00:58.28	
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:50	
Heat: 2/2 Lane : 4 Athlete: LAMBRECHTS LOES							Q-time: 10:18:35	
PB (25m pool): 10:18.35 2370 Arendonk 21/12/2025				PB (50m pool): 10:51.53SB: 10:18.35 2370 Arendonk 21/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:11.33	no time	02:29.92	no time	no time	no time	05:08.99
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	10:18.35
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:50	
Heat: 2/2 Lane : 6 Athlete: KENNIS NATHALIE							Q-time: 10:49:36	
PB (25m pool): 09:34.81 Arendonk 18/07/2021				PB (50m pool): 09:55.18SB: 10:49.36 2370 Arendonk 21/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	09:34.81
	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>

Coach feedback: