

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

Coaches: Claessens Matthias

Coaches: Michielsens Matthias HEADCOACH

PB => Personal Best time

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

Event number: 32: 100M BREASTSTROKE MEN 11+ Heat:18, starttime:

Heat: 18/18 Lane : 1 Athlete: VAN LOON WIES Q-time: 01:12:57

PB (50m pool): 01:12.57 Mol 22/06/2025 PB (25m pool): 01:07.57 SB: 01:13.15 Antwerpen 15/03/2026

	50 M	100 M	
PB	00:33.66	01:12.57	
	00:33.66	00:38.91	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+ Heat:2, starttime:

Heat: 2/25 Lane : 8 Athlete: CLAESSENS MARIE Q-time: 02:59:11

PB (50m pool): 03:04.71 Mol 22/06/2025 PB (25m pool): no time SB: no time

	50 M	100 M	150 M	200 M	
PB	00:43.25	01:30.78	02:19.56	03:04.71	
	00:43.25	00:47.53	00:48.78	00:45.15	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+ Heat:4, starttime:

Heat: 4/25 Lane : 8 Athlete: MAVRIQI ARRITA Q-time: 02:46:42

PB (50m pool): 02:46.42 Wezenberg 01/02/2026 PB (25m pool): 02:54.00 SB: 02:46.42 Wezenberg 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:37.92	01:20.69	02:04.65	02:46.42	
	00:37.92	00:42.77	00:43.96	00:41.77	
	

Coach feedback:

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: AZK

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:7, starttime:	
Heat: 7/25 Lane : 4 Athlete: BROUWERS PHEBE				Q-time: 02:37:34	
PB (50m pool): 02:37.34 Antwerpen 13/07/2025			PB (25m pool): 02:41.43 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.35	01:16.10	01:59.76	02:37.34	
	<i>00:35.35</i>	<i>00:40.75</i>	<i>00:43.66</i>	<i>00:37.58</i>	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:8, starttime:	
Heat: 8/25 Lane : 3 Athlete: VAN LOOVEREN ASTER				Q-time: 02:36:56	
PB (50m pool): 02:36.56 Wezenberg 01/02/2026			PB (25m pool): 02:28.81 SB: 02:36.56 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.02	01:16.96	01:57.98	02:36.56	
	<i>00:36.02</i>	<i>00:40.94</i>	<i>00:41.02</i>	<i>00:38.58</i>	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:8, starttime:	
Heat: 8/25 Lane : 6 Athlete: LAZEROMS SIEN				Q-time: 02:36:81	
PB (50m pool): 02:36.81 Kortrijk 04/05/2025			PB (25m pool): 02:31.96 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.31	01:17.01	01:58.45	02:36.81	
	<i>00:36.31</i>	<i>00:40.70</i>	<i>00:41.44</i>	<i>00:38.36</i>	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:13, starttime:	
Heat: 13/25 Lane : 7 Athlete: MATTHEEUSEN ELLA				Q-time: 02:29:78	
PB (50m pool): 02:29.78 Wezenberg 01/02/2026			PB (25m pool): 02:25.59 SB: 02:29.78 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.74	01:11.56	01:51.62	02:29.78	
	<i>00:33.74</i>	<i>00:37.82</i>	<i>00:40.06</i>	<i>00:38.16</i>	
	

Coach feedback:

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: AZK

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:18, starttime:	
Heat: 18/25 Lane : 3 Athlete: MICHELSEN JINTHE				Q-time: 02:24:18	
PB (50m pool): 02:27.34 Kortrijk 14/05/2023			PB (25m pool): 02:23.80 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:27.34	
	<i>no time</i>				
	

Coach feedback:

Event number: 34: 200M BACKSTROKE MEN 11+				Heat:2, starttime:	
Heat: 2/9 Lane : 3 Athlete: JOOSEN CIS				Q-time: 02:54:08	
PB (50m pool): 03:07.29 Kortrijk 04/05/2025			PB (25m pool): 02:54.08 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.29	01:36.97	02:23.45	03:07.29	
	<i>00:48.29</i>	<i>00:48.68</i>	<i>00:46.48</i>	<i>00:43.84</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:5, starttime:	
Heat: 5/29 Lane : 5 Athlete: CLAESSENS MARIE		Q-time: 00:33:80	
PB (50m pool): 00:37.22 Mol 22/06/2025		PB (25m pool): 00:33.80 SB: no time	
	5 0 M		
PB	00:37.22		
	<i>00:37.22</i>		
		

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:6, starttime:	
Heat: 6/29 Lane : 7 Athlete: MAVRIQI ARRITA		Q-time: 00:33:45	
PB (50m pool): 00:33.45 Antwerpen 15/03/2026		PB (25m pool): 00:33.24 SB: 00:33.45 Antwerpen 15/03/2026	
	5 0 M		
PB	00:33.45		
	<i>00:33.45</i>		
		

Coach feedback:

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: AZK

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:10, starttime:
Heat: 10/29 Lane : 5 Athlete: LAZEROMS SIEN		Q-time: 00:31:98
PB (50m pool): 00:31.98 Antwerpen 15/03/2026		PB (25m pool): 00:31.14 SB: 00:31.98 Antwerpen 15/03/2026
	5 0 M	
PB	00:31.98	
	<i>00:31.98</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:15, starttime:
Heat: 15/29 Lane : 6 Athlete: MATTHEEUSEN ELLA		Q-time: 00:30:89
PB (50m pool): 00:30.89 Antwerpen 15/03/2026		PB (25m pool): 00:30.50 SB: 00:30.89 Antwerpen 15/03/2026
	5 0 M	
PB	00:30.89	
	<i>00:30.89</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:16, starttime:
Heat: 16/29 Lane : 2 Athlete: BROUWERS PHEBE		Q-time: 00:30:74
PB (50m pool): 00:30.74 Antwerpen 15/03/2026		PB (25m pool): 00:30.76 SB: 00:30.74 Antwerpen 15/03/2026
	5 0 M	
PB	00:30.74	
	<i>00:30.74</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:16, starttime:
Heat: 16/29 Lane : 7 Athlete: VAN GINNEKEN MARIT		Q-time: 00:30:74
PB (50m pool): 00:30.74 Wezenberg 01/02/2026		PB (25m pool): 00:30.74 SB: 00:30.74 Wezenberg 01/02/2026
	5 0 M	
PB	00:30.74	
	<i>00:30.74</i>	
	

Coach feedback:

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: AZK

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:18, starttime:
Heat: 18/29 Lane : 8 Athlete: VAN LOOVEREN ASTER		Q-time: 00:30:57
PB (50m pool): 00:30.57 Antwerpen 15/03/2026		PB (25m pool): 00:30.62 SB: 00:30.57 Antwerpen 15/03/2026
	5 0 M	
PB	00:30.57	
	<i>00:30.57</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:22, starttime:
Heat: 22/29 Lane : 6 Athlete: MICHELSEN JINTHE		Q-time: 00:29:77
PB (50m pool): 00:29.77 Wezenberg 01/02/2026		PB (25m pool): 00:28.84 SB: 00:29.77 Wezenberg 01/02/2026
	5 0 M	
PB	00:29.77	
	<i>00:29.77</i>	
	

Coach feedback:

Event number: 36: 50M FREESTYLE MEN 11+		Heat:4, starttime:
Heat: 4/27 Lane : 3 Athlete: JOOSEN CIS		Q-time: 00:32:95
PB (50m pool): 00:34.89 Mol 22/06/2025		PB (25m pool): 00:32.95 SB: no time
	5 0 M	
PB	00:34.89	
	<i>00:34.89</i>	
	

Coach feedback:

Event number: 36: 50M FREESTYLE MEN 11+		Heat:5, starttime:
Heat: 5/27 Lane : 2 Athlete: CLAESSENS VIC		Q-time: 00:32:39
PB (50m pool): 00:32.39 Wezenberg 01/02/2026		PB (25m pool): 00:32.95 SB: 00:32.39 Wezenberg 01/02/2026
	5 0 M	
PB	00:32.39	
	<i>00:32.39</i>	
	

Coach feedback:

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: AZK

Event number: 36: 50M FREESTYLE MEN 11+		Heat:17, starttime:
Heat: 17/27 Lane : 3 Athlete: VAN LOON WIES		Q-time: 00:27:33
PB (50m pool): 00:27.33 Antwerpen 15/03/2026		PB (25m pool): 00:26.89 SB: 00:27.33 Antwerpen 15/03/2026
	5 0 M	
PB	00:27.33	
	<i>00:27.33</i>	
	

Coach feedback:

Event number: 36: 50M FREESTYLE MEN 11+		Heat:17, starttime:
Heat: 17/27 Lane : 7 Athlete: JORISSEN QUINTEN		Q-time: 00:27:44
PB (50m pool): 00:27.44 Antwerpen 15/03/2026		PB (25m pool): 00:26.72 SB: 00:27.44 Antwerpen 15/03/2026
	5 0 M	
PB	00:27.44	
	<i>00:27.44</i>	
	

Coach feedback: