

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

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

Coaches: Smets Mark

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 14:04
Heat: 3/3 Lane : 1 Athlete: VAN LOON SCOUT					Q-time: 01:26:99
PB (25m pool): 01:26.99 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:26.99 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.00		01:26.99	
	00:41.00		00:45.99		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 14:04
Heat: 3/3 Lane : 2 Athlete: DELVA SAM					Q-time: 01:23:55
PB (25m pool): 01:23.55 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:23.55 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.37		01:23.55	
	00:39.37		00:44.18		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 14:04
Heat: 3/3 Lane : 5 Athlete: MATTHEEUSEN OLIVIA					Q-time: 01:25:37
PB (25m pool): 01:25.37 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:25.37 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.43		01:25.37	
	00:41.43		00:43.94		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:13
Heat: 5/6 Lane : 3 Athlete: VAN LOOVEREN ASTER					Q-time: 01:07:07
PB (25m pool): 01:07.07 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.22 SB: 01:07.07 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.24		01:07.07	
	00:32.24		00:34.83		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:15
Heat: 6/6 Lane : 2 Athlete: LUYTEN JULIE					Q-time: 01:00:25
PB (25m pool): 01:00.25 Temse 17/11/2025 PB (50m pool): 01:01.89 SB: 01:00.25 Temse 17/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.58		01:00.25	
	00:28.58		00:31.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:15
Heat: 6/6 Lane : 5 Athlete: MICHIELSEN JINTHE					Q-time: 01:02:54
PB (25m pool): 01:02.54 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.72 SB: 01:02.54 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.99		01:02.54	
	00:29.99		00:32.55		
					

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+							Heat:3, starttime: 14:23	
Heat: 3/5 Lane : 3 Athlete: CLAESSENS VIC							Q-time: 02:34:15	
PB (25m pool): 02:34.15 Kapellen 21/12/2025							PB (50m pool): 02:34.36SB: 02:34.15 Kapellen 21/12/2025	
	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		00:36.10		01:15.81		no time		02:34.15
	00:36.10		00:39.71					
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 3: 200M FREESTYLE MEN 11+							Heat:3, starttime: 14:23	
Heat: 3/5 Lane : 5 Athlete: JOOSEN CIS							Q-time: 02:40:47	
PB (25m pool): 02:43.23 Kapellen 01/06/2025				PB (50m pool): 02:40.47 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		00:38.95		01:20.96		no time		02:43.23
	00:38.95		00:42.01					
								

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 14:36	
Heat: 3/3 Lane : 2 Athlete: LUYTEN JULIE					Q-time: 01:11:78	
PB (25m pool): 01:11.44 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:12.31 SB: 01:11.78 Sint-Amandsberg 19/10/2025						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:32.50		01:11.44		
	00:32.50		00:38.94			
						

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 14:36	
Heat: 3/3 Lane : 5 Athlete: LAZEROMS SIEN					Q-time: 01:17:44	
PB (25m pool): 01:17.44 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:18.57 SB: 01:17.44 Stedelijk Zwembad Geel 15/02/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:36.76		01:17.44		
	00:36.76		00:40.68			
						

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:44	
Heat: 1/3 Lane : 2 Athlete: MAVRIQI ARRITA							Q-time: 03:36:61	
PB (25m pool): 03:33.75 Kapellen 22/12/2024				PB (50m pool): 03:36.61 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		00:47.53		01:43.28		no time		03:33.75
	00:47.53		00:55.75					
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 14:49	
Heat: 2/3 Lane : 1 Athlete: CLAESSENS MARIE							Q-time: 03:15:96	
PB (25m pool): no time			PB (50m pool): 03:15.96 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: 6: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:52	
Heat: 3/3 Lane : 1 Athlete: MATTHEEUSEN ELLA							Q-time: 02:48:31	
PB (25m pool): 02:59.91 Mol 20/10/2024				PB (50m pool): 02:48.31 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		00:44.35		01:31.63		02:17.56		02:59.91
	00:44.35		00:47.28		00:45.93		00:42.35	
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+										Heat:3, starttime: 15:06	
Heat: 3/3 Lane : 5 Athlete: VAN LOOVEREN ASTER										Q-time: 01:26:96	
PB (25m pool): 01:26.98 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:26.96 SB: 01:26.98 Stedelijk Zwembad Geel 15/02/2026											
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:40.51				01:26.98				
	00:40.51				00:46.47						
											

Coach feedback:

Event number: 10: 100M BREASTSTROKE MIXED 10-9										Heat:2, starttime: 15:15			
Heat: 2/3 Lane : 3 Athlete: DELVA SAM										Q-time: 02:07:69			
PB (25m pool): 02:07.69 Arendonk 30/11/2025										PB (50m pool): no time SB: 02:07.69 Arendonk 30/11/2025			
	2 5 M		5 0 M		7 5 M		1 0 0 M						
PB			01:02.33				02:07.69						
			01:02.33				01:05.36						
													

Coach feedback:

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 10: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 15:17
Heat: 3/3 Lane : 1 Athlete: MATTHEEUSEN OLIVIA					Q-time: 02:01:06
PB (25m pool): 02:01.06 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 02:01.06 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:57.03		02:01.06	
	00:57.03		01:04.03		
					

Coach feedback:

Event number: 10: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 15:17
Heat: 3/3 Lane : 5 Athlete: VAN LOON SCOUT					Q-time: 01:59:05
PB (25m pool): 01:59.05 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:59.05 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:57.14		01:59.05	
	00:57.14		01:01.91		
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:23	
Heat: 2/3 Lane : 3 Athlete: BROUWERS PHEBE							Q-time: 02:29:91	
PB (25m pool): 02:41.43 Kalmthout 23/02/2025							PB (50m pool): 02:29.91 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		00:36.41		01:18.81		no time		02:41.43
	00:36.41		00:42.40					
								

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+					Heat:3, starttime: 15:32
Heat: 3/4 Lane : 4 Athlete: JORISSEN QUINTEN					Q-time: 00:57:77
PB (25m pool): 00:57.77 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:59.81 SB: 00:57.77 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.92		00:57.77	
	00:27.92		00:29.85		
					

Coach feedback:

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 14: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 15:50
Heat: 1/2 Lane : 2 Athlete: JOOSEN CIS					Q-time: 01:35:21
PB (25m pool): 01:35.21 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:37.35 SB: 01:35.21 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.25		01:35.21	
	00:47.25		00:47.96		
					

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:52
Heat: 2/2 Lane : 5 Athlete: JORISSEN QUINTEN					Q-time: 01:04:60
PB (25m pool): 01:04.60 Kapellen 21/12/2025 PB (50m pool): 01:10.00 SB: 01:04.60 Kapellen 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.65		01:04.60	
	00:29.65		00:34.95		
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:00
Heat: 4/4 Lane : 4 Athlete: MICHIELSEN JINTHE					Q-time: 01:07:46
PB (25m pool): 01:07.46 Kapellen 01/06/2025 PB (50m pool): 01:09.10 SB: 01:07.55 Stedelijk Zwembad Geel 15/02/2026					
	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: 16: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 2 Athlete: CLAESSENS VIC							Q-time: 02:53:12	
PB (25m pool): 03:21.50 Kalmthout 25/02/2024							PB (50m pool): 02:53.12 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		03:21.50
	no time							
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 16:11	
Heat: 1/1 Lane : 2 Athlete: LAZEROMS SIEN							Q-time: 03:06:09	
PB (25m pool): 03:06.09 Temse 17/11/2025				PB (50m pool): 03:06.19SB: 03:06.09 Temse 17/11/2025				
	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		00:40.98		01:28.26		02:17.13		03:06.09
	00:40.98		00:47.28		00:48.87		00:48.96	
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 16:27	
Heat: 3/5 Lane : 1 Athlete: CLAESSENS MARIE							Q-time: 03:18:57	
PB (25m pool): 03:18.57 Kapellen 21/12/2025				PB (50m pool): 03:39.04SB: 03:18.57 Kapellen 21/12/2025				
	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		00:40.16		no time		no time		03:18.57
	00:40.16							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 16:34	
Heat: 5/5 Lane : 3 Athlete: LUYTEN JULIE							Q-time: 02:31:07	
PB (25m pool): 02:31.07 Temse 17/11/2025				PB (50m pool): 02:32.00SB: 02:31.07 Temse 17/11/2025				
	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		00:32.52		01:13.92		01:55.74		02:31.07
	00:32.52		00:41.40		00:41.82		00:35.33	
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:55	
Heat: 1/3 Lane : 3 Athlete: MAVRIQI ARRITA							Q-time: 06:09:23	
PB (25m pool): 06:09.23 Herentals 04/10/2025				PB (50m pool): no time SB: 06:09.23 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		00:39.94		01:25.41		02:12.86		03:00.80
	00:39.94		00:45.47		00:47.45		00:47.94	
								
	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		03:48.07		04:35.74		05:24.04		06:09.23
	00:47.27		00:47.67		00:48.30		00:45.19	

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

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Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:09	
Heat: 3/3 Lane : 1 Athlete: MATTHEEUSEN ELLA							Q-time: 05:12:68	
PB (25m pool): 05:12.68 Antwerpen 12/10/2025				PB (50m pool): 05:22.26SB: 05:12.68 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		00:34.52		01:13.43		01:53.17		02:32.58
	00:34.52		00:38.91		00:39.74		00:39.41	
								
	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		03:12.41		03:52.64		04:32.30		05:12.68
	00:39.83		00:40.23		00:39.66		00:40.38	
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:09	
Heat: 3/3 Lane : 2 Athlete: BROUWERS PHEBE							Q-time: 05:08:32	
PB (25m pool): 05:08.32 Kapellen 21/12/2025				PB (50m pool): 05:16.91 SB: 05:08.32 Kapellen 21/12/2025				
	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		no time		01:13.48		no time		02:33.35
	no time							
								
	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		no time		no time		no time		05:08.32
								

Coach feedback:

Event number: 22: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:36	
Heat: 4/4 Lane : 4 Athlete: JORISSEN QUINTEN							Q-time: 04:40:05	
PB (25m pool): 04:40.05 Herentals 04/10/2025				PB (50m pool): 04:46.47 SB: 04:40.05 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		00:30.20		01:04.98		01:40.46		02:16.59
	00:30.20		00:34.78		00:35.48		00:36.13	
								
	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		02:52.78		03:29.32		04:05.78		04:40.05

Voorjaarscriterium: Session: 1: COACH Evaluation sheet for TEAM: AZK

	00:36.19		00:36.54		00:36.46		00:34.27	
								

Coach feedback: