

AZV 26: Session: 1: COACH Evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 12:30 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verachttert Elke

Coaches: Claassen Benny HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:1, starttime: 14:00

Heat: 1/5 Lane : 3 Athlete: LAURYSSSEN NETTE							Q-time: 06:53:84	
PB (25m pool): 06:53.84 Antwerpen 12/10/2025				PB (50m pool): no time SB: 06:53.84 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		00:43.39		01:34.94		02:28.79		03:22.49
	00:43.39		00:51.55		00:53.85		00:53.70	
								
	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		04:16.78		05:11.89		06:06.71		06:53.84
	00:54.29		00:55.11		00:54.82		00:47.13	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:2, starttime: 14:07

Heat: 2/5 Lane : 3 Athlete: PEETERS LENA							Q-time: 06:32:67	
PB (25m pool): 06:32.67 Antwerpen 12/10/2025				PB (50m pool): no time SB: 06:32.67 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		00:42.80		01:30.43		02:21.16		03:11.71
	00:42.80		00:47.63		00:50.73		00:50.55	
								
	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		04:02.91		04:53.18		05:42.62		06:32.67
	00:51.20		00:50.27		00:49.44		00:50.05	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:14

Heat: 3/5 Lane : 1 Athlete: VAN COTTHEM NIKA							Q-time: 05:54:48	
PB (25m pool): 05:54.48 Lier 04/04/2026				PB (50m pool): 07:11.73 SB: 05:54.48 Lier 04/04/2026				
	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		01:22.70		no time		02:53.22
	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

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PB		no time		no time		no time		05:54.48
	.	.	.	.	.	.	.	.

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:5, starttime: 14:27

Heat: 5/5 Lane : 4 Athlete: LAMBRECHTS LOES Q-time: 04:56:44

PB (25m pool): 04:56.44 Arendonk 25/05/2025 PB (50m pool): 05:02.99 SB: 04:58.03 Arendonk 30/11/2025

	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		01:10.69		no time		02:27.30
		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		04:56.44
	.	.	.	.	.	.	.	.

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+ Heat:3, starttime: 14:41

Heat: 3/5 Lane : 3 Athlete: VERSTRAETEN DJURRE Q-time: 03:15:67

PB (25m pool): 03:15.67 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 03:34.01 SB: 03:15.67 Parklaan 58, Turnhout 29/03/2026

	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		00:44.47		no time		no time		03:15.67
		00:44.47						
	.	.	.	.	.	.	.	.

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+ Heat:4, starttime: 14:45

Heat: 4/5 Lane : 1 Athlete: WILLEMS IWAN Q-time: 02:51:46

PB (25m pool): 02:51.46 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 03:00.55 SB: 02:51.46 Parklaan 58, Turnhout 29/03/2026

	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		00:38.40		no time		no time		02:51.46
		00:38.40						
	.	.	.	.	.	.	.	.

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:48	
Heat: 5/5 Lane : 2 Athlete: CLAASSEN ILARIO							Q-time: 02:13:12	
PB (25m pool): 02:14.63 Arendonk 03/12/2023				PB (50m pool): 02:13.12 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		02:14.63
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:48	
Heat: 5/5 Lane : 4 Athlete: LEMMENS NOAH							Q-time: 02:33:71	
PB (25m pool): 02:33.71 Arendonk 30/11/2025				PB (50m pool): 02:32.61SB: 02:33.71 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		00:34.89		no time		no time		02:33.71
	00:34.89							
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 14:56	
Heat: 3/3 Lane : 2 Athlete: VAN VORST MARIE					Q-time: 01:51:57	
PB (25m pool): 01:56.88 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:52.29SB: 01:56.88 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:56.41		01:56.88		
	00:56.41		01:00.47			
						

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+										Heat:2, starttime: 15:01	
Heat: 2/2 Lane : 3 Athlete: WILLEMS RUBEN										Q-time: 01:14:47	
PB (25m pool): 01:14.47 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:14.47 Hoogstraten 28/09/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				01:14.47				
	no time										
											

Coach feedback:

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Event number: 5: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:14
Heat: 6/6 Lane : 2 Athlete: VAN DE CLOOT ELINA					Q-time: 01:05:44
PB (25m pool): 01:05.31 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): no time SB: 01:06.91 Hoogstraten 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.41		01:05.31	
	00:29.41		00:35.90		
					

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 11+							Heat:2, starttime: 15:43	
Heat: 2/5 Lane : 3 Athlete: VERSTRAETEN DJURRE							Q-time: 06:24:42	
PB (25m pool): 06:24.42 Lier 04/04/2026							PB (50m pool): no time SB: 06:24.42 Lier 04/04/2026	
	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		01:29.43		no time		03:08.95
	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		06:24.42
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 11+							Heat:4, starttime: 15:57	
Heat: 4/5 Lane : 1 Athlete: WILLEMS IWAN							Q-time: 05:32:35	
PB (25m pool): 05:32.35 Lier 04/04/2026			PB (50m pool): no time SB: 05:32.35 Lier 04/04/2026					
	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		01:18.06		no time		02:43.51
	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		05:32.35
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:03	
Heat: 5/5 Lane : 1 Athlete: LEMMENS NOAH							Q-time: 04:43:82	
PB (25m pool): 04:44.22 Arendonk 30/11/2025				PB (50m pool): 04:42.36SB: 04:44.22 Arendonk 30/11/2025				
	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		01:08.07		no time		02:19.92
	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		04:44.22
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:03	
Heat: 5/5 Lane : 2 Athlete: CLAASSEN ILARIO							Q-time: 04:05:46	
PB (25m pool): 04:05.46 2370 Arendonk 21/12/2025				PB (50m pool): 04:11.62SB: 04:05.46 2370 Arendonk 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		00:27.17		00:57.55		no time		01:59.71
	00:27.17		00:30.38					
								
	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		04:05.46
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:03	
Heat: 5/5 Lane : 4 Athlete: WILLEMS RUBEN							Q-time: 04:52:54	
PB (25m pool): 04:52.54 Antwerpen 12/10/2025				PB (50m pool): 04:51.29SB: 04:52.54 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		00:32.43		01:09.79		01:48.06		02:26.17
	00:32.43		00:37.36		00:38.27		00:38.11	
								
	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		03:03.96		03:41.78		04:19.03		04:52.54
	00:37.79		00:37.82		00:37.25		00:33.51	
								

Coach feedback:

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Event number: 7: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:08	
Heat: 1/4 Lane : 2 Athlete: LAURYSSSEN NETTE							Q-time: 03:19:14	
PB (25m pool): 03:44.94 Arendonk 30/11/2025				PB (50m pool): 03:19.14SB: 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: 7: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:12	
Heat: 2/4 Lane : 1 Athlete: VAN COTTHEM NIKA							Q-time: 03:12:90	
PB (25m pool): 03:27.29 Antwerpen 12/10/2025				PB (50m pool): 03:12.90 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: 7: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:12	
Heat: 2/4 Lane : 3 Athlete: PEETERS LENA							Q-time: 03:11:99	
PB (25m pool): 03:11.99 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:13.09SB: 03:11.99 Parklaan 58, Turnhout 29/03/2026				
	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		00:42.56		no time		no time		03:11.99
	00:42.56							
								

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 16:19	
Heat: 4/4 Lane : 1 Athlete: LAMBRECHTS LOES							Q-time: 02:45:86	
PB (25m pool): 02:45.86 Arendonk 30/11/2025				PB (50m pool): 02:49.99 SB: 02:45.86 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		00:35.39		no time		no time		02:45.86
	00:35.39							
								

Coach feedback:

AZV 26: Session: 1: COACH Evaluation sheet for TEAM: AZV

Event number: 9: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:37
Heat: 9/9 Lane : 2 Athlete: VAN DE CLOOT ELINA			Q-time: 00:27:16
PB (25m pool): 00:26.70 Sint-Amandsberg 27/10/2024			PB (50m pool): 00:27.29 SB: 00:27.38 Hoogstraten 28/09/2025
	2 5 M	5 0 M	
PB		00:26.70	
		00:26.70	
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+			Heat:6, starttime: 16:44
Heat: 6/7 Lane : 2 Athlete: LEMMENS NOAH			Q-time: 00:28:11
PB (25m pool): 00:28.11 Turnhout 01/03/2026			PB (50m pool): 00:28.64 SB: 00:28.11 Turnhout 01/03/2026
	2 5 M	5 0 M	
PB		00:28.11	
		00:28.11	
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+			Heat:7, starttime: 16:45
Heat: 7/7 Lane : 2 Athlete: CLAASSEN ILARIO			Q-time: 00:25:16
PB (25m pool): 00:25.16 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:26.15 SB: no time
	2 5 M	5 0 M	
PB		00:25.16	
		00:25.16	
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+			Heat:7, starttime: 16:45
Heat: 7/7 Lane : 4 Athlete: WILLEMS RUBEN			Q-time: 00:28:04
PB (25m pool): 00:28.04 Turnhout 01/03/2026			PB (50m pool): 00:29.88 SB: 00:28.04 Turnhout 01/03/2026
	2 5 M	5 0 M	
PB		00:28.04	
		00:28.04	
			

Coach feedback:

AZV 26: Session: 1: COACH Evaluation sheet for TEAM: AZV

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 16:48
Heat: 2/2 Lane : 2 Athlete: VAN VORST MARIE					Q-time: 01:28:62
PB (25m pool): 01:35.56 Turnhout 01/03/2026					PB (50m pool): 01:36.30 SB: 01:35.56 Turnhout 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.57		01:35.56	
	00:45.57		00:49.99		
					

Coach feedback:

Event number: 12: 4x50M FREESTYLE MIXED							Heat:1, starttime: 16:50	
Heat: 1/2 Lane : 3 Athlete: TEAM AZV 2							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 12: 4x50M FREESTYLE MIXED							Heat:2, starttime: 16:52	
Heat: 2/2 Lane : 2 Athlete: TEAM AZV 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: