

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claassen Benny HEADCOACH

Coaches: Verachtert Elke

Coaches: Torfs Agnes

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

Event number: 15: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 14:25

Heat: 4/24 Lane : 6 Athlete: LAURYSSSEN NETTE Q-time: 03:44:94

PB (50m pool): 03:20.14 Olympic Pool Wezenberg, Antwer 29/03/2026 SB (25m pool): 03:44.94 SB: 03:20.14 Olympic Pool Wezenberg, Antwer 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.22	01:34.89	02:35.01	03:20.14	
	00:42.22	00:52.67	01:00.12	00:45.13	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+ Heat:6, starttime: 14:35

Heat: 6/24 Lane : 2 Athlete: VAN COTTHEM NIKA Q-time: 03:27:29

PB (50m pool): 03:19.73 Olympic Pool Wezenberg, Antwer 29/03/2026 SB (25m pool): 03:27.29 SB: 03:19.73 Olympic Pool Wezenberg, Antwer 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.44	01:34.06	02:34.64	03:19.73	
	00:42.44	00:51.62	01:00.58	00:45.09	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+ Heat:7, starttime: 14:40

Heat: 7/24 Lane : 3 Athlete: PEETERS LENA Q-time: 03:19:81

PB (50m pool): 03:13.09 Olympic Pool Wezenberg, Antwer 29/03/2026 SB (25m pool): 03:11.99 SB: 03:13.09 Olympic Pool Wezenberg, Antwer 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.94	01:36.29	02:30.59	03:13.09	
	00:43.94	00:52.35	00:54.30	00:42.50	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: AZV

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:19, starttime: 15:25
Heat: 19/24 Lane : 7 Athlete: LAMBRECHTS LOES					Q-time: 02:45:86
PB (50m pool): 02:54.55 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:45.86 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.83	01:27.67	02:16.54	02:54.55	
	00:38.83	00:48.84	00:48.87	00:38.01	
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:6, starttime: 16:35	
Heat: 6/10 Lane : 6 Athlete: WILLEMS RUBEN							Q-time: 04:52:54	
PB (50m pool): 04:59.75 Mol 22/06/2025				PB (25m pool): 04:52.54 SB: 05:00.75 Wezenberg 01/02/2026				
	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	00:33.75	01:12.39	01:52.06	02:30.51	03:08.53	03:45.93	04:24.42	04:59.75
	00:33.75	00:38.64	00:39.67	00:38.45	00:38.02	00:37.40	00:38.49	00:35.33
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:7, starttime: 16:40	
Heat: 7/10 Lane : 4 Athlete: LEMMENS NOAH							Q-time: 04:44:22	
PB (50m pool): 04:53.19 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:44.22 SB: no time								
	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	00:33.46	01:11.19	01:48.95	02:26.96	03:04.18	03:41.74	04:18.73	04:53.19
	00:33.46	00:37.73	00:37.76	00:38.01	00:37.22	00:37.56	00:36.99	00:34.46
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 3 Athlete: KEISERS TIBO							Q-time: 04:27:81	
PB (50m pool): 04:27.81 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:19.84 SB: 04:37.12 Wezenberg 01/02/2026								
	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	00:29.28	01:02.49	01:36.91	02:11.24	02:45.89	03:20.29	03:54.84	04:27.81
	00:29.28	00:33.21	00:34.42	00:34.33	00:34.65	00:34.40	00:34.55	00:32.97
								

Coach feedback: