

PK Antw KB 26: Session: 1: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Michielsens Matthias HEADCOACH

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:08
Heat: 3/14 Lane : 5 Athlete: JOOSEN CIS				Q-time: 01:11:56	
PB (25m pool): 01:12.40 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:11.56SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.53		01:12.40	
	00:35.53		00:36.87		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:11
Heat: 5/14 Lane : 7 Athlete: CLAESSENS VIC				Q-time: 01:08:10	
PB (25m pool): 01:08.10 Herentals 09/05/2026					PB (50m pool): 01:09.79 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.14		01:08.10	
	00:33.14		00:34.96		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:19
Heat: 10/14 Lane : 3 Athlete: VAN LOON WIES				Q-time: 00:58:32	
PB (25m pool): 00:58.32 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:59.56 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.81		00:58.32	
	00:27.81		00:30.51		
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 2 Athlete: MAVRIQI ARRITA							Q-time: 03:14:98	
PB (25m pool): 03:14.98 Arendonk 30/11/2025				PB (50m pool): 03:19.83SB: 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		00:43.58		no time		no time		03:14.98
	00:43.58							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 6 Athlete: CLAESSENS MARIE							Q-time: 03:14:02	
PB (25m pool): 03:18.57 Kapellen 21/12/2025				PB (50m pool): 03:14.02 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		00:40.16		no time		no time		03:18.57
	00:40.16							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 09:54	
Heat: 8/14 Lane : 6 Athlete: LAZEROMS SIEN							Q-time: 02:52:13	
PB (25m pool): 02:52.13 Kapellen 01/06/2025				PB (50m pool): 02:52.35 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		00:38.40		no time		no time		02:52.13
	00:38.40							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 8 Athlete: BROUWERS PHEBE							Q-time: 02:46:58	
PB (25m pool): 02:48.48 Arendonk 30/11/2025				PB (50m pool): 02:46.58 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		00:38.09		no time		no time		02:48.48
	00:38.09							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:04	
Heat: 11/14 Lane : 7 Athlete: BROUWERS MISCHA							Q-time: 02:40:83	
PB (25m pool): 02:46.44 Antwerpen 12/10/2025				PB (50m pool): 02:55.78 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		00:33.79		01:16.41		02:07.52		02:46.44
	00:33.79		00:42.62		00:51.11		00:38.92	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 3 Athlete: LUYTEN JULIE							Q-time: 02:27:66	
PB (25m pool): 02:27.66 Kapellen 30/05/2026				PB (50m pool): 02:32.00SB: 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		00:30.87		no time		no time		02:27.66
	00:30.87							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:6, starttime: 10:27	
Heat: 6/6 Lane : 2 Athlete: VAN LOON WIES						Q-time: 01:07:57		
PB (25m pool): 01:07.57 Arendonk 30/11/2025				PB (50m pool): 01:11.71 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.55		01:07.57				
	00:31.55		00:36.02					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/6 Lane : 3 Athlete: MATTHEEUSEN ELLA							Q-time: 02:45:14	
PB (25m pool): 02:45.14 Kapellen 30/05/2026				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		00:36.46		01:18.53		no time		02:45.14
	00:36.46		00:42.07					
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 5 Athlete: VAN GINNEKEN MARIT							Q-time: 02:34:63	
PB (25m pool): 02:34.63 Temse 17/11/2025				PB (50m pool): 02:41.01SB: 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		00:36.71		01:16.25		01:55.86		02:34.63
	00:36.71		00:39.54		00:39.61		00:38.77	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:6, starttime: 11:04	
Heat: 6/6 Lane : 7 Athlete: MICHELSEN JINTHE							Q-time: 02:26:84	
PB (25m pool): 02:26.84 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:35.84 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		00:34.58		01:11.96		01:49.84		02:26.84
	00:34.58		00:37.38		00:37.88		00:37.00	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:6, starttime: 11:31	
Heat: 6/14 Lane : 5 Athlete: MAVRIQI ARRITA							Q-time: 00:36:75	
PB (25m pool): 00:39.76 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:36.75 SB: no time	
	2 5 M		5 0 M					
PB			00:39.76					
	00:39.76							
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:9, starttime: 11:35	
Heat: 9/14 Lane : 5 Athlete: MATTHEEUSEN ELLA										Q-time: 00:34:01	
PB (25m pool): 00:34.01 Herentals 09/05/2026					PB (50m pool): 00:35.07 SB: no time						
	2 5 M		5 0 M								
PB			00:34.01								
	00:34.01										
											

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:35
Heat: 9/14 Lane : 7 Athlete: CLAESSENS MARIE			Q-time: 00:34:65
PB (25m pool): 00:34.65 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:35.89 SB: no time			
	2 5 M	5 0 M	
PB		00:34.65	
		00:34.65	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 1 Athlete: LAZEROMS SIEN			Q-time: 00:32:72
PB (25m pool): 00:32.72 Herentals 09/05/2026 PB (50m pool): 00:32.73 SB: no time			
	2 5 M	5 0 M	
PB		00:32.72	
		00:32.72	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 5 Athlete: VAN GINNEKEN MARIT			Q-time: 00:32:02
PB (25m pool): 00:32.02 Antwerpen 12/10/2025 PB (50m pool): 00:32.12 SB: no time			
	2 5 M	5 0 M	
PB		00:32.02	
		00:32.02	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:38
Heat: 12/14 Lane : 2 Athlete: MICHIELSEN JINTHE			Q-time: 00:31:41
PB (25m pool): 00:31.53 Antwerpen 12/10/2025 PB (50m pool): 00:31.41 SB: no time			
	2 5 M	5 0 M	
PB		00:31.53	
		00:31.53	
			

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:14, starttime: 11:40
Heat: 14/14 Lane : 8 Athlete: BROUWERS MISCHA			Q-time: 00:30:04
PB (25m pool): 00:30.04 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:35.35 SB: no time			
	2 5 M	5 0 M	
PB		00:30.04	
		00:30.04	
			

Coach feedback: