

PK Antw KB 26: Session: 1: COACH evaluation sheet for TEAM: AZV

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

Coaches: Verachttert Elke

Coaches: Claassen Benny HEADCOACH

Coaches: Torfs Agnes

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:04
Heat: 1/14 Lane : 5 Athlete: VERSTRAETEN DJURRE					Q-time: 01:20:90
PB (25m pool): 01:21.69 Herentals 09/05/2026					PB (50m pool): 01:20.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.26		01:21.69	
		00:39.26		00:42.43	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:13
Heat: 6/14 Lane : 1 Athlete: WILLEMS IWAN					Q-time: 01:07:17
PB (25m pool): 01:07.17 Herentals 09/05/2026					PB (50m pool): 01:07.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.81		01:07.17	
		00:31.81		00:35.36	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:13, starttime: 09:24
Heat: 13/14 Lane : 8 Athlete: KEISERS TIBO					Q-time: 00:55:11
PB (25m pool): 00:55.11 Herentals 09/05/2026					PB (50m pool): 00:56.98 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.64		00:55.11	
		00:26.64		00:28.47	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32	
Heat: 2/14 Lane : 4 Athlete: LAURYSSSEN NETTE							Q-time: 03:19:14	
PB (25m pool): 03:19.91 Arendonk 31/05/2026				PB (50m pool): 03:19.14 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		00:43.87		no time		no time		03:19.91
	00:43.87							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:39	
Heat: 4/14 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: 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		00:44.72		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: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:47	
Heat: 6/14 Lane : 2 Athlete: PEETERS LENA							Q-time: 03:00:68	
PB (25m pool): 03:00.68 Arendonk 31/05/2026				PB (50m pool): 03:00.91 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		00:40.80		no time		no time		03:00.68
	00:40.80							
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 11:28	
Heat: 3/14 Lane : 3 Athlete: LAURYSSSEN NETTE							Q-time: 00:43:61	
PB (25m pool): 00:43.61 Herentals 09/05/2026				PB (50m pool): 00:49.18SB: no time				
	2 5 M		5 0 M					
PB			00:43.61					
			00:43.61					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:30
Heat: 5/14 Lane : 4 Athlete: PEETERS LENA			Q-time: 00:39:27
PB (25m pool): 00:39.27 Herentals 09/05/2026			PB (50m pool): 00:40.09 SB: no time
	2 5 M	5 0 M	
PB		00:39.27	
		00:39.27	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:31
Heat: 6/14 Lane : 8 Athlete: VAN COTTHEM NIKA			Q-time: 00:38:88
PB (25m pool): 00:43.46 Arendonk 30/11/2025			PB (50m pool): 00:38.88 SB: no time
	2 5 M	5 0 M	
PB		00:43.46	
		00:43.46	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:46
Heat: 4/6 Lane : 8 Athlete: WILLEMS RUBEN			Q-time: 00:32:71
PB (25m pool): 00:34.28 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:32.71 SB: no time
	2 5 M	5 0 M	
PB		00:34.28	
		00:34.28	
			

Coach feedback: