

PK Antw KB 26: Session: 2: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:00	
Heat: 1/2 Lane : 2 Athlete: CLAESSENS VIC							Q-time: 03:24:09	
PB (25m pool): 03:24.09 Kalmthout 08/02/2026							PB (50m pool): no time 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		00:47.16		01:41.18		no time		03:24.09
	00:47.16		00:54.02					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:5, starttime: 14:15	
Heat: 5/17 Lane : 2 Athlete: CLAESSENS MARIE							Q-time: 01:15:66	
PB (25m pool): 01:16.34 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 01:15.66SB: no time	
	2 5 M		5 0 M		7 5 M		1 0 0 M	
PB			00:36.78				01:16.34	
	00:36.78			00:39.56				
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:12, starttime: 14:27	
Heat: 12/17 Lane : 1 Athlete: VAN GINNEKEN MARIT							Q-time: 01:06:41	
PB (25m pool): 01:06.41 Antwerpen 12/10/2025							PB (50m pool): 01:06.60 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:32.05		01:06.41				
	00:32.05		00:34.36					
								

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/17 Lane : 6 Athlete: BROUWERS PHEBE					Q-time: 01:05:80
PB (25m pool): 01:07.90 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.80 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.00		01:07.90	
	00:33.00		00:34.90		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 7 Athlete: MATTHEEUSEN ELLA					Q-time: 01:04:65
PB (25m pool): 01:04.65 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:06.37 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.49		01:04.65	
	00:31.49		00:33.16		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:30
Heat: 14/17 Lane : 1 Athlete: BROUWERS MISCHA					Q-time: 01:03:78
PB (25m pool): 01:03.94 Kapellen 21/12/2025 PB (50m pool): 01:05.76 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.16		01:03.94	
	00:30.16		00:33.78		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 2 Athlete: MICHELSEN JINTHE					Q-time: 01:02:54
PB (25m pool): 01:02.54 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.14 SB: no time					
	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:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 4 Athlete: JOOSEN CIS							Q-time: 02:55:49	
PB (25m pool): 03:00.91 Kapellen 21/12/2025				PB (50m pool): 02:55.49SB: 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		00:42.69		no time		no time		03:00.91
	00:42.69							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 8 Athlete: VAN LOON WIES							Q-time: 02:26:04	
PB (25m pool): 02:26.04 Kapelle-op-den-Bos 21/04/2025				PB (50m pool): 02:26.31 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		00:32.38		no time		no time		02:26.04
	00:32.38							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:14
Heat: 2/7 Lane : 7 Athlete: MAVRIQI ARRITA				Q-time: 01:33:80	
PB (25m pool): 01:36.66 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:33.80 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.21		01:36.66	
	00:45.21		00:51.45		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 15:20		
Heat: 5/7 Lane : 2 Athlete: LAZEROMS SIEN						Q-time: 01:22:78			
PB (25m pool): 01:22.78 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:26.04 SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:38.32				01:22.78		
	00:38.32				00:44.46				
									

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 Lane : 1 Athlete: BROUWERS PHEBE							Q-time: 05:07:83	
PB (25m pool): 05:08.32 Kapellen 21/12/2025				PB (50m pool): 05:07.83SB: no time				
	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: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 1 Athlete: LUYTEN JULIE							Q-time: 04:47:75	
PB (25m pool): 04:47.75 Kapellen 21/12/2025				PB (50m pool): 05:28.56SB: no time				
	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		01:08.52		no time		02:21.75
	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		04:47.75
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 16:17	
Heat: 3/12 Lane : 4 Athlete: JOOSEN CIS							Q-time: 00:37:69	
PB (25m pool): 00:38.06 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:37.69 SB: no time								
	2 5 M		5 0 M					
PB			00:38.06					
			00:38.06					
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:19
Heat: 5/12 Lane : 4 Athlete: CLAESSENS VIC			Q-time: 00:34:57
PB (25m pool): 00:34.75 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:34.57 SB: no time			
	2 5 M	5 0 M	
PB		00:34.75	
		00:34.75	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:22
Heat: 8/12 Lane : 8 Athlete: VAN LOON WIES			Q-time: 00:30:17
PB (25m pool): 00:30.17 Herentals 09/05/2026 PB (50m pool): 00:30.93 SB: no time			
	2 5 M	5 0 M	
PB		00:30.17	
		00:30.17	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:35
Heat: 5/8 Lane : 7 Athlete: MATTHEEUSEN ELLA			Q-time: 00:34:90
PB (25m pool): 00:34.90 Herentals 09/05/2026 PB (50m pool): 00:36.35 SB: no time			
	2 5 M	5 0 M	
PB		00:34.90	
		00:34.90	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:36
Heat: 6/8 Lane : 2 Athlete: VAN GINNEKEN MARIT			Q-time: 00:33:09
PB (25m pool): 00:33.09 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.90 SB: no time			
	2 5 M	5 0 M	
PB		00:33.09	
		00:33.09	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:8, starttime: 16:39	
Heat: 8/8 Lane : 7 Athlete: MICHELSEN JINTHE							Q-time: 00:30:72	
PB (25m pool): 00:30.72 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:31.80SB: no time								
	2 5 M		5 0 M					
PB			00:30.72					
	00:30.72							
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:51	
Heat: 1/2 Lane : 4 Athlete: TEAM AZK 2							Q-time: 02:00:97	
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: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:54	
Heat: 2/2 Lane : 1 Athlete: TEAM AZK 1							Q-time: 02:00:75	
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: