

PK Antw KB 26: Session: 2: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:13
Heat: 4/17 Lane : 1 Athlete: LAURYSSSEN NETTE					Q-time: 01:17:28
PB (25m pool): 01:18.15 Herentals 09/05/2026					PB (50m pool): 01:17.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.19		01:18.15	
	00:37.19		00:40.96		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:13
Heat: 4/17 Lane : 7 Athlete: VAN COTTHEM NIKA					Q-time: 01:17:19
PB (25m pool): 01:17.19 Herentals 09/05/2026					PB (50m pool): 01:17.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.01		01:17.19	
	00:37.01		00:40.18		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:17
Heat: 6/17 Lane : 4 Athlete: PEETERS LENA					Q-time: 01:13:01
PB (25m pool): 01:13.44 Herentals 09/05/2026					PB (50m pool): 01:13.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.59		01:13.44	
	00:35.59		00:37.85		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/17 Lane : 2 Athlete: LAMBRECHTS LOES					Q-time: 01:06:14
PB (25m pool): 01:06.14 Turnhout 01/03/2026					PB (50m pool): 01:07.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.13		01:06.14	
	00:32.13		00:34.01		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/10 Lane : 1 Athlete: VERSTRAETEN DJURRE							Q-time: 03:15:67	
PB (25m pool): 03:15.67 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:20.75 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		00:44.47		no time		no time		03:15.67
	00:44.47							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:55	
Heat: 6/10 Lane : 8 Athlete: WILLEMS IWAN							Q-time: 02:47:10	
PB (25m pool): 02:51.46 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:47.10 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		02:51.46
	00:38.40							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 4 Athlete: KEISERS TIBO							Q-time: 02:22:77	
PB (25m pool): 02:22.77 Arendonk 30/11/2025				PB (50m pool): 02:23.13SB: 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		00:29.52		no time		no time		02:22.77
	00:29.52							
								

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:49	
Heat: 3/4 Lane : 6 Athlete: WILLEMS RUBEN							Q-time: 02:31:50	
PB (25m pool): 02:31.22 Mol 29/12/2024				PB (50m pool): 02:32.97SB: 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		00:35.52		01:13.84		01:53.04		02:31.22
	00:35.52		00:38.32		00:39.20		00:38.18	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 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: 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		01:10.69		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: 15: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 16:16	
Heat: 2/12 Lane : 5 Athlete: VERSTRAETEN DJURRE							Q-time: 00:41:20	
PB (25m pool): 00:41.20 Herentals 09/05/2026				PB (50m pool): no time SB: no time				
	2 5 M		5 0 M					
PB			00:41.20					
			00:41.20					
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:18
Heat: 4/12 Lane : 3 Athlete: WILLEMS IWAN			Q-time: 00:37:02
PB (25m pool): 00:37.29 Herentals 09/05/2026			PB (50m pool): 00:37.02 SB: no time
	2 5 M	5 0 M	
PB		00:37.29	
		00:37.29	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:21
Heat: 7/12 Lane : 2 Athlete: WILLEMS RUBEN			Q-time: 00:31:27
PB (25m pool): 00:31.34 Herentals 09/05/2026			PB (50m pool): 00:31.27 SB: no time
	2 5 M	5 0 M	
PB		00:31.34	
		00:31.34	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:24
Heat: 10/12 Lane : 4 Athlete: KEISERS TIBO			Q-time: 00:27:48
PB (25m pool): 00:27.51 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:27.48 SB: no time
	2 5 M	5 0 M	
PB		00:27.51	
		00:27.51	
			

Coach feedback: