

PK Antw KB 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:05
Heat: 3/8 Lane : 4 Athlete: JOOSEN CIS					Q-time: 01:22:38
PB (25m pool): 01:22.38 Kalmthout 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.38	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 8 Athlete: VAN LOON WIES					Q-time: 01:04:14
PB (25m pool): 01:04.14 Kalmthout 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.14	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:26	
Heat: 4/10 Lane : 1 Athlete: LAZEROMS SIEN							Q-time: 02:31:96	
PB (25m pool): 02:31.96 Antwerpen 12/10/2025				PB (50m pool): 02:36.81 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		00:34.65		01:13.77		01:53.76		02:31.96
	00:34.65		00:39.12		00:39.99		00:38.20	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:29	
Heat: 5/10 Lane : 3 Athlete: MATTHEEUSEN ELLA							Q-time: 02:25:59	
PB (25m pool): 02:25.59 Kapellen 21/12/2025				PB (50m pool): 02:25.83SB: 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		00:32.67		01:09.74		no time		02:25.59
	00:32.67		00:37.07					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:29	
Heat: 5/10 Lane : 5 Athlete: BROUWERS PHEBE							Q-time: 02:25:21	
PB (25m pool): 02:25.21 Kapellen 30/05/2026				PB (50m pool): 02:25.88 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		00:31.69		01:07.71		no time		02:25.21
	00:31.69		00:36.02					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:32	
Heat: 6/10 Lane : 2 Athlete: MICHIELSEN JINTHE							Q-time: 02:23:80	
PB (25m pool): 02:23.80 Kalmthout 23/02/2025				PB (50m pool): 02:27.34 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		00:33.36		01:10.53		no time		02:23.80
	00:33.36		00:37.17					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:34	
Heat: 7/10 Lane : 3 Athlete: BROUWERS MISCHA							Q-time: 02:19:53	
PB (25m pool): 02:19.53 Kalmthout 08/02/2026				PB (50m pool): 02:30.07 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		00:32.15		01:07.68		no time		02:19.53
	00:32.15		00:35.53					
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:37	
Heat: 8/10 Lane : 4 Athlete: LUYTEN JULIE							Q-time: 02:14:76	
PB (25m pool): 02:14.76 Kapellen 21/12/2025				PB (50m pool): 02:23.91 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		00:30.88		01:05.68		no time		02:14.76
	00:30.88		00:34.80					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 09:48
Heat: 2/7 Lane : 2 Athlete: CLAESSENS VIC				Q-time: 01:22:71	
PB (25m pool): 01:23.95 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:22.71 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.41		01:23.95	
	00:39.41		00:44.54		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12						Heat:2, starttime: 10:01	
Heat: 2/6 Lane : 4 Athlete: CLAESSENS MARIE					Q-time: 01:51:10		
PB (25m pool): 01:52.55 Arendonk 30/11/2025				PB (50m pool): 01:51.10 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:53.31		01:52.55			
	00:53.31		00:59.24				
							

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 8 Athlete: JOOSEN CIS				Q-time: 01:19:98	
PB (25m pool): 01:22.23 Kapellen 21/12/2025			PB (50m pool): 01:19.98 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.71		01:22.23	
	00:40.71		00:41.52		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:54	
Heat: 2/4 Lane : 2 Athlete: MAVRIQI ARRITA							Q-time: 03:23:19	
PB (25m pool): 03:25.81 Kalmthout 08/02/2026				PB (50m pool): 03:23.19SB: 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		00:45.67		01:38.59		no time		03:25.81
	00:45.67		00:52.92					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:18	
Heat: 6/12 Lane : 4 Athlete: VAN GINNEKEN MARIT							Q-time: 00:30:74	
PB (25m pool): 00:30.74 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:30.74 SB: no time	
	2 5 M		5 0 M					
PB			00:30.74					
	00:30.74							
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:18	
Heat: 6/12 Lane : 7 Athlete: LAZEROMS SIEN							Q-time: 00:31:14	
PB (25m pool): 00:31.14 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:31.98 SB: no time	
	2 5 M		5 0 M					
PB			00:31.14					
			00:31.14					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:7, starttime: 11:19	
Heat: 7/12 Lane : 5 Athlete: MATTHEEUSEN ELLA							Q-time: 00:30:01	
PB (25m pool): 00:30.01 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:30.89 SB: no time								
	2 5 M		5 0 M					
PB			00:30.01					
	00:30.01							
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:21
Heat: 9/12 Lane : 3 Athlete: BROUWERS MISCHA			Q-time: 00:29:06
PB (25m pool): 00:29.06 Temse 17/11/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:29.06	
		00:29.06	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:22
Heat: 10/12 Lane : 7 Athlete: MICHIELSEN JINTHE			Q-time: 00:28:84
PB (25m pool): 00:28.84 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:29.43 SB: no time
	2 5 M	5 0 M	
PB		00:28.84	
		00:28.84	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 11:31
Heat: 6/6 Lane : 8 Athlete: VAN LOON WIES			Q-time: 00:31:21
PB (25m pool): 00:31.21 Antwerpen 12/10/2025			PB (50m pool): 00:31.74 SB: no time
	2 5 M	5 0 M	
PB		00:31.21	
		00:31.21	
			

Coach feedback: