

# PK Antw KB 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+          |           |           |           |           | Heat:1, starttime: 09:00           |
|------------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 1/8 Lane : 5 Athlete: VERSTRAETEN DJURRE |           |           |           |           | Q-time: 01:39:65                   |
| PB (25m pool): 01:39.65 Hoogstraten 28/09/2025 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                             |           | no time   |           | 01:39.65  |                                    |
|                                                | no time   |           |           |           |                                    |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 19: 100M MEDLEY MEN 11+        |                   |           |           |           | Heat:4, starttime: 09:07           |
|----------------------------------------------|-------------------|-----------|-----------|-----------|------------------------------------|
| Heat: 4/8 Lane : 6 Athlete: WILLEMS IWAN     |                   |           |           |           | Q-time: 01:17:90                   |
| PB (25m pool): 01:17.90 Herentals 09/05/2026 |                   |           |           |           | PB (50m pool): no time SB: no time |
|                                              | 2 5 M             | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                           |                   | 00:36.31  |           | 01:17.90  |                                    |
|                                              | 00:36.31 00:41.59 |           |           |           |                                    |
|                                              | . . . . .         | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+       |                   |           |           |           |           |           | Heat:6, starttime: 09:32            |
|--------------------------------------------------|-------------------|-----------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 6/10 Lane : 1 Athlete: LAMBRECHTS LOES     |                   |           |           |           |           |           | Q-time: 02:23:95                    |
| PB (25m pool): 02:23.95 2370 Arendonk 21/12/2025 |                   |           |           |           |           |           | PB (50m pool): 02:26.91 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                                               |                   | 00:33.16  |           | 01:10.16  |           | no time   | 02:23.95                            |
|                                                  | 00:33.16 00:37.00 |           |           |           |           |           |                                     |
|                                                  | . . . . .         | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                           |

Coach feedback:

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| Event number: 21: 100M BUTTERFLY MEN 13+    |          |          |          |          | Heat:5, starttime: 09:54            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/7 Lane : 1 Athlete: WILLEMS RUBEN   |          |          |          |          | Q-time: 01:07:46                    |
| PB (25m pool): 01:07.46 Turnhout 01/03/2026 |          |          |          |          | PB (50m pool): 01:11.58 SB: no time |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                          |          | 00:31.89 |          | 01:07.46 |                                     |
|                                             | 00:31.89 |          | 00:35.57 |          |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:3, starttime: 10:04            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/6 Lane : 4 Athlete: VAN COTTHEM NIKA    |          |          |          |          | Q-time: 01:45:06                    |
| PB (25m pool): 01:45.06 Herentals 09/05/2026    |          |          |          |          | PB (50m pool): 01:46.51 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:51.57 |          | 01:45.06 |                                     |
|                                                 | 00:51.57 |          | 00:53.49 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:3, starttime: 10:04            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/6 Lane : 6 Athlete: LAURYSSSEN NETTE    |          |          |          |          | Q-time: 01:46:05                    |
| PB (25m pool): 01:46.05 Herentals 09/05/2026    |          |          |          |          | PB (50m pool): 01:47.31 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:50.18 |          | 01:46.05 |                                     |
|                                                 | 00:50.18 |          | 00:55.87 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:6, starttime: 10:11            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 6/6 Lane : 6 Athlete: PEETERS LENA        |          |          |          |          | Q-time: 01:30:24                    |
| PB (25m pool): 01:32.21 Herentals 09/05/2026    |          |          |          |          | PB (50m pool): 01:30.24 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:43.43 |          | 01:32.21 |                                     |
|                                                 | 00:43.43 |          | 00:48.78 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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| Event number: 23: 100M BACKSTROKE MEN 11+      |          |          |          |          | Heat:2, starttime: 10:16            |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 2/9 Lane : 7 Athlete: VERSTRAETEN DJURRE |          |          |          |          | Q-time: 01:33:61                    |
| PB (25m pool): 01:33.61 Herentals 09/05/2026   |          |          |          |          | PB (50m pool): 01:35.72 SB: no time |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                             |          | 00:46.26 |          | 01:33.61 |                                     |
|                                                | 00:46.26 |          | 00:47.35 |          |                                     |
|                                                | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+    |          |          |          |          | Heat:4, starttime: 10:21            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/9 Lane : 2 Athlete: WILLEMS IWAN     |          |          |          |          | Q-time: 01:21:20                    |
| PB (25m pool): 01:21.20 Herentals 09/05/2026 |          |          |          |          | PB (50m pool): 01:23.00 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:39.50 |          | 01:21.20 |                                     |
|                                              | 00:39.50 |          | 00:41.70 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+    |          |          |          |          | Heat:7, starttime: 10:28            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 7/9 Lane : 3 Athlete: WILLEMS RUBEN    |          |          |          |          | Q-time: 01:09:71                    |
| PB (25m pool): 01:09.71 Herentals 09/05/2026 |          |          |          |          | PB (50m pool): 01:10.43 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:33.48 |          | 01:09.71 |                                     |
|                                              | 00:33.48 |          | 00:36.23 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+    |          |          |  |  | Heat:7, starttime: 11:19            |
|----------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 7/12 Lane : 2 Athlete: LAMBRECHTS LOES |          |          |  |  | Q-time: 00:30:29                    |
| PB (25m pool): 00:30.29 Turnhout 01/03/2026  |          |          |  |  | PB (50m pool): 00:31.59 SB: no time |
|                                              | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                           |          | 00:30.29 |  |  |                                     |
|                                              | 00:30.29 |          |  |  |                                     |
|                                              | .....    | .....    |  |  |                                     |

Coach feedback: