

PK Antw KB 26: Session: 4: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Michielsen Matthias HEADCOACH

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:09
Heat: 5/11 Lane : 1 Athlete: CLAESSENS MARIE					Q-time: 01:29:81
PB (25m pool): 01:29.81 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		01:29.81	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:11
Heat: 6/11 Lane : 7 Athlete: MAVRIQI ARRITA					Q-time: 01:26:34
PB (25m pool): 01:26.34 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		01:26.34	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/11 Lane : 4 Athlete: LAZEROMS SIEN					Q-time: 01:17:09
PB (25m pool): 01:17.09 Kalmthout 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.09	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 4 Athlete: BROUWERS MISCHA					Q-time: 01:13:60
PB (25m pool): 01:13.60 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		01:13.60	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 8 Athlete: BROUWERS PHEBE					Q-time: 01:16:55
PB (25m pool): 01:16.55 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		01:16.55	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:20
Heat: 11/11 Lane : 7 Athlete: LUYTEN JULIE					Q-time: 01:08:13
PB (25m pool): 01:08.13 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		01:08.13	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:28	
Heat: 3/9 Lane : 7 Athlete: CLAESSENS VIC							Q-time: 02:29:14	
PB (25m pool): 02:29.14 Kapellen 30/05/2026				PB (50m pool): 02:32.25 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		00:33.64		01:12.35		no time		02:29.14
	00:33.64		00:38.71					
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 4 Athlete: VAN LOON WIES							Q-time: 02:07:75	
PB (25m pool): 02:07.75 Antwerpen 12/10/2025				PB (50m pool): 02:13.61SB: 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		00:29.53		01:01.63		01:35.27		02:07.75
	00:29.53		00:32.10		00:33.64		00:32.48	
								

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:01
Heat: 3/4 Lane : 7 Athlete: JOOSEN CIS				Q-time: 01:37:60	
PB (25m pool): 01:42.79 Antwerpen 12/10/2025			PB (50m pool): 01:37.60 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.28		01:42.79	
	00:50.28		00:52.51		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/14 Lane : 1 Athlete: CLAESSENS MARIE				Q-time: 01:24:17	
PB (25m pool): 01:24.17 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:30.16 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.95		01:24.17	
	00:41.95		00:42.22		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:24
Heat: 8/14 Lane : 4 Athlete: MATTHEEUSEN ELLA				Q-time: 01:17:29	
PB (25m pool): 01:17.32 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.29 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.81		01:17.32	
	00:36.81		00:40.51		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 15:35
Heat: 13/14 Lane : 8 Athlete: VAN GINNEKEN MARIT					Q-time: 01:10:22
PB (25m pool): 01:10.22 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:12.45 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.13		01:10.22	
	00:34.13		00:36.09		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:14, starttime: 15:37
Heat: 14/14 Lane : 6 Athlete: MICHIENSEN JINTHE					Q-time: 01:05:25
PB (25m pool): 01:05.25 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:07.32 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.58		01:05.25	
	00:31.58		00:33.67		
					

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:16
Heat: 2/2 Lane : 7 Athlete: BROUWERS PHEBE							Q-time: 06:05:08
PB (25m pool): 06:16.37 Antwerpen 12/10/2025 PB (50m pool): 06:05.08 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
PB		00:37.70		01:28.08		02:17.94	03:03.06
	00:37.70		00:50.38		00:49.86		00:45.12
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		03:55.51		04:49.96		05:33.07	06:16.37
	00:52.45		00:54.45		00:43.11		00:43.30
							

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 16:24
Heat: 2/10 Lane : 6 Athlete: CLAESSENS VIC			Q-time: 00:31:98
PB (25m pool): 00:32.95 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.98 SB: no time			
	2 5 M	5 0 M	
PB		00:32.95	
		00:32.95	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:29
Heat: 7/10 Lane : 6 Athlete: VAN LOON WIES			Q-time: 00:26:19
PB (25m pool): 00:26.19 Herentals 09/05/2026 PB (50m pool): 00:27.18 SB: no time			
	2 5 M	5 0 M	
PB		00:26.19	
		00:26.19	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:35
Heat: 2/5 Lane : 1 Athlete: MAVRIQI ARRITA			Q-time: 00:42:27
PB (25m pool): 00:42.61 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:42.27 SB: no time			
	2 5 M	5 0 M	
PB		00:42.61	
		00:42.61	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 16:38
Heat: 5/5 Lane : 5 Athlete: LUYTEN JULIE			Q-time: 00:32:91
PB (25m pool): 00:32.91 Sint-Amandsberg 19/10/2025 PB (50m pool): 00:33.24 SB: no time			
	2 5 M	5 0 M	
PB		00:32.91	
		00:32.91	
			

Coach feedback:

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Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 16:51	
Heat: 1/2 Lane : 5 Athlete: TEAM AZK 2							Q-time: 02:14:02	
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: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 16:54	
Heat: 2/2 Lane : 6 Athlete: TEAM AZK 1							Q-time: 02:08:98	
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: