

PK Antw KB 26: Session: 4: 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: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 1 Athlete: LAURYSSSEN NETTE					Q-time: 01:35:07
PB (25m pool): 01:35.07 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.86		01:35.07	
		00:45.86		00:49.21	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 4 Athlete: PEETERS LENA					Q-time: 01:32:18
PB (25m pool): 01:32.18 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.01		01:32.18	
		00:46.01		00:46.17	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 5 Athlete: VAN COTTHEM NIKA					Q-time: 01:32:19
PB (25m pool): 01:32.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.83		01:32.19	
		00:42.83		00:49.36	
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 1 Athlete: LAMBRECHTS LOES					Q-time: 01:19:83
PB (25m pool): 01:19.83 Nijlen 16/11/2025			PB (50m pool): 01:22.01 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.87		01:19.83	
	00:36.87		00:42.96		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:56
Heat: 1/4 Lane : 4 Athlete: VERSTRAETEN DJURRE					Q-time: 01:47:55
PB (25m pool): 01:47.55 Herentals 09/05/2026			PB (50m pool): 01:50.58 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.17		01:47.55	
	00:51.17		00:56.38		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 15:03
Heat: 4/4 Lane : 1 Athlete: WILLEMS IWAN					Q-time: 01:29:65
PB (25m pool): 01:35.52 Herentals 09/05/2026			PB (50m pool): 01:29.65 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.28		01:35.52	
	00:45.28		00:50.24		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:11
Heat: 3/14 Lane : 7 Athlete: LAURYSSSEN NETTE					Q-time: 01:35:42
PB (25m pool): 01:35.42 2370 Arendonk 21/12/2025			PB (50m pool): 01:37.33 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.92		01:35.42	
	00:45.92		00:49.50		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:14
Heat: 4/14 Lane : 5 Athlete: VAN COTTHEM NIKA					Q-time: 01:30:84
PB (25m pool): 01:31.83 Turnhout 01/03/2026					PB (50m pool): 01:30.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.85		01:31.83	
	00:44.85		00:46.98		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:17
Heat: 5/14 Lane : 4 Athlete: PEETERS LENA					Q-time: 01:27:99
PB (25m pool): 01:27.99 Herentals 09/05/2026					PB (50m pool): 01:30.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.19		01:27.99	
	00:43.19		00:44.80		
					

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:16
Heat: 2/2 Lane : 2 Athlete: LAMBRECHTS LOES							Q-time: 06:01:83
PB (25m pool): 06:01.83 Herentals 04/10/2025							PB (50m pool): 06:09.99 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
PB		00:39.24		01:26.42		02:15.04	03:01.47
	00:39.24		00:47.18		00:48.62		00:46.43
							
	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		03:51.84		04:42.40		05:23.51	06:01.83
	00:50.37		00:50.56		00:41.11		00:38.32
							

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:28
Heat: 5/10 Lane : 1 Athlete: WILLEMS RUBEN			Q-time: 00:27:96
PB (25m pool): 00:27.96 Arendonk 31/05/2026 PB (50m pool): 00:28.49 SB: no time			
	2 5 M	5 0 M	
PB		00:27.96	
		00:27.96	
			

Coach feedback: