

# PK 50m bad Antw: Session: 1: 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: Van Eetvelde Kasper

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:08
Heat: 4/15 Lane : 2 Athlete: CLAESSENS MARIE			Q-time: 01:52:55
PB (50m pool): no time			PB (25m pool): 01:52.55 SB: no time
PB	5 0 M	1 0 0 M	
	no time	no time	
	no time		
	. . . . .	. . . . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:14
Heat: 6/15 Lane : 1 Athlete: MAVRIQI ARRITA			Q-time: 01:42:26
PB (50m pool): 01:42.26 Antwerpen 13/07/2025			PB (25m pool): 01:37.11 SB: no time
PB	5 0 M	1 0 0 M	
	00:47.82	01:42.26	
	00:47.82	00:54.44	
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Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:19
Heat: 8/15 Lane : 2 Athlete: VAN LOOVEREN ASTER			Q-time: 01:35:73
PB (50m pool): 01:35.73 Antwerp 02/02/2025			PB (25m pool): 01:37.91 SB: no time
PB	5 0 M	1 0 0 M	
	00:43.18	01:35.73	
	00:43.18	00:52.55	
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Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:23
Heat: 10/15 Lane : 6 Athlete: MATTHEEUSEN ELLA			Q-time: 01:31:45
PB (50m pool): 01:31.45 Antwerpen 20/07/2025			PB (25m pool): 01:26.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.60	01:31.45	
	00:43.60	00:47.85	
	. . . . .	. . . . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:28
Heat: 12/15 Lane : 8 Athlete: LAZEROMS SIEN			Q-time: 01:28:65
PB (50m pool): 01:28.65 Antwerp 02/02/2025			PB (25m pool): 01:24.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.36	01:28.65	
	00:42.36	00:46.29	
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Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 09:46
Heat: 5/6 Lane : 3 Athlete: VAN LOON WIES			Q-time: 01:12:57
PB (50m pool): 01:12.57 Mol 22/06/2025			PB (25m pool): 01:07.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.66	01:12.57	
	00:33.66	00:38.91	
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Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 09:52
Heat: 2/8 Lane : 1 Athlete: BROUWERS PHEBE			Q-time: 00:40:34
PB (50m pool): 00:40.34 Wezenberg 05/01/2025			PB (25m pool): 00:39.16 SB: no time
	5 0 M		
PB	00:40.34		
	00:40.34		
	. . . . .		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 09:54		
Heat: 3/8 Lane : 3 Athlete: CEULEMANS HANNE			Q-time: 00:37:05		
PB (50m pool): 00:35.85 Kortrijk 14/05/2023			PB (25m pool): 00:34.23 SB: no time		
	5 0 M				
PB	00:35.85				
	00:35.85				
	. . . . .				

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 09:58		
Heat: 5/8 Lane : 1 Athlete: VAN GINNEKEN MARIT			Q-time: 00:35:14		
PB (50m pool): 00:35.14 Wezenberg 05/01/2025			PB (25m pool): 00:33.39 SB: no time		
	5 0 M				
PB	00:35.14				
	00:35.14				
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Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 10:01		
Heat: 7/8 Lane : 2 Athlete: MICHIELSEN JINTHE			Q-time: 00:33:21		
PB (50m pool): 00:33.13 ANTWERPEN 30/07/2023			PB (25m pool): 00:32.14 SB: no time		
	5 0 M				
PB	00:33.13				
	00:33.13				
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Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 10:10		
Heat: 4/8 Lane : 8 Athlete: JORISSEN QUINTEN			Q-time: 00:34:71		
PB (50m pool): 00:34.71 Wezenberg 05/01/2025			PB (25m pool): 00:33.13 SB: no time		
	5 0 M				
PB	00:34.71				
	00:34.71				
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Coach feedback:

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<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:6, starttime: 10:42</b>
<b>Heat: 6/16</b>	<b>Lane : 3</b>	<b>Athlete: CLAESSENS MARIE</b>
<b>PB (50m pool): 00:41.51 Mol 22/06/2025</b>		<b>PB (25m pool): 00:38.42 SB: no time</b>
	<b>5 0 M</b>	
PB	00:41.51	
	00:41.51	
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Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:11, starttime: 10:49</b>
<b>Heat: 11/16</b>	<b>Lane : 2</b>	<b>Athlete: LAZEROMS SIEN</b>
<b>PB (50m pool): 00:34.99 Mol 22/06/2025</b>		<b>PB (25m pool): 00:33.60 SB: no time</b>
	<b>5 0 M</b>	
PB	00:34.99	
	00:34.99	
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Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:11, starttime: 10:49</b>
<b>Heat: 11/16</b>	<b>Lane : 3</b>	<b>Athlete: VAN LOOVEREN ASTER</b>
<b>PB (50m pool): 00:34.46 Wezenberg 05/01/2025</b>		<b>PB (25m pool): 00:35.29 SB: no time</b>
	<b>5 0 M</b>	
PB	00:34.46	
	00:34.46	
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Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:13, starttime: 10:52</b>
<b>Heat: 13/16</b>	<b>Lane : 4</b>	<b>Athlete: VAN GINNEKEN MARIT</b>
<b>PB (50m pool): 00:32.79 Wezenberg 05/01/2025</b>		<b>PB (25m pool): 00:32.02 SB: no time</b>
	<b>5 0 M</b>	
PB	00:32.79	
	00:32.79	
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Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:14, starttime: 10:53	
Heat: 14/16 Lane : 8 Athlete: CEULEMANS HANNE										Q-time: 00:32:47	
PB (50m pool): 00:31.75 Wezenberg Antwerpen 07/01/2024										PB (25m pool): 00:31.43 SB: no time	
	5 0 M										
PB	00:31.75										
	00:31.75										
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Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:15, starttime: 10:55	
Heat: 15/16 Lane : 6 Athlete: MICHELSEN JINTHE										Q-time: 00:31:41	
PB (50m pool): 00:31.41 Antwerpen 13/07/2025										PB (25m pool): 00:31.53 SB: no time	
	5 0 M										
PB	00:31.41										
	00:31.41										
	. . . . .										

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:2, starttime: 10:59	
Heat: 2/10    Lane : 7    Athlete: CLAESSENS VIC										Q-time: 00:38:89	
PB (50m pool): 00:38.89    Mol 22/06/2025										PB (25m pool): 00:38.05 SB: no time	
	5 0 M										
PB	00:38.89										
	00:38.89										
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Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+						Heat:3, starttime: 12:02		
Heat: 3/6 Lane : 2 Athlete: JORISSEN QUINTEN						Q-time: 05:02:97		
PB (50m pool): 05:02.97 Mol 22/06/2025						PB (25m pool): 04:40.05 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.92	01:10.04	01:49.54	02:28.97	03:08.28	03:47.39	04:26.36	05:02.97
	00:32.92	00:37.12	00:39.50	00:39.43	00:39.31	00:39.11	00:38.97	00:36.61
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Coach feedback:

# PK 50m bad Antw: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 12:08	
Heat: 4/6    Lane : 6    Athlete: VAN LOON WIES							Q-time: 04:47:23	
PB (50m pool): 04:47.23   Kortrijk   04/05/2025				PB (25m pool): 04:33.22SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.71	01:07.31	01:43.80	02:20.84	02:57.95	03:35.48	04:12.07	04:47.23
	00:31.71	00:35.60	00:36.49	00:37.04	00:37.11	00:37.53	00:36.59	00:35.16
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Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 12:29	
Heat: 1/2    Lane : 4    Athlete: TEAM AZK 1							Q-time: 05:19:98	
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
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Coach feedback: