

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: Michielsen 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

	5 0 M	1 0 0 M	
PB	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

	5 0 M	1 0 0 M	
PB	00:47.82	01:42.26	
	00:47.82	00:54.44	
	

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

	5 0 M	1 0 0 M	
PB	00:43.18	01:35.73	
	00:43.18	00:52.55	
	

Coach feedback:

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

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

50 M		100 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

50 M		100 M	
PB	00:42.36	01:28.65	
	00:42.36	00:46.29	
	

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

50 M		100 M	
PB	00:33.66	01:12.57	
	00:33.66	00:38.91	
	

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

50 M		
PB	00:40.34	
	00:40.34	
	

Coach feedback:

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

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

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+

Heat:7, starttime: 10:01

Heat: 7/8 Lane : 2 Athlete: MICHEILSEN 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

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

Coach feedback:

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

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:6, starttime: 10:42

Heat: 6/16 Lane : 3 Athlete: CLAESSENS MARIE

Q-time: 00:41:51

PB (50m pool): 00:41.51 Mol 22/06/2025

PB (25m pool): 00:38.42 SB: no time

5 0 M	
PB	00:41.51
	00:41.51

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:11, starttime: 10:49

Heat: 11/16 Lane : 2 Athlete: LAZEROMS SIEN

Q-time: 00:34:99

PB (50m pool): 00:34.99 Mol 22/06/2025

PB (25m pool): 00:33.60 SB: no time

5 0 M	
PB	00:34.99
	00:34.99

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:11, starttime: 10:49

Heat: 11/16 Lane : 3 Athlete: VAN LOOVEREN ASTER

Q-time: 00:34:46

PB (50m pool): 00:34.46 Wezenberg 05/01/2025

PB (25m pool): 00:35.29 SB: no time

5 0 M	
PB	00:34.46
	00:34.46

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:13, starttime: 10:52

Heat: 13/16 Lane : 4 Athlete: VAN GINNEKEN MARIT

Q-time: 00:32:79

PB (50m pool): 00:32.79 Wezenberg 05/01/2025

PB (25m pool): 00:32.02 SB: no time

5 0 M	
PB	00:32.79
	00:32.79

Coach feedback:

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

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

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:15, starttime: 10:55

Heat: 15/16 Lane : 6 Athlete: MICHELSSEN 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

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

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): 04:33.22 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	00:31.71	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

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								

Coach feedback: