

GP MOL 26: Session: 1: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 08:00 until 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claessens Matthias

Coaches: Lenders Maartje HEADCOACH

Coaches: Van Eetvelde Kasper

Coaches: Michielsens Matthias

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:4, starttime: 09:15

Heat: 4/16 Lane : 5 Athlete: CLAESSENS MARIE Q-time: 01:39:72

PB (50m pool): 01:39.72 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 01:35.31 SB: 01:39.72 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	
PB	00:42.04	01:39.72	
	<i>00:42.04</i>	<i>00:57.68</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:6, starttime: 09:20

Heat: 6/16 Lane : 7 Athlete: MAVRIQI ARRITA Q-time: 01:34:52

PB (50m pool): 01:34.52 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 01:43.67 SB: 01:34.52 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	
PB	00:41.38	01:34.52	
	<i>00:41.38</i>	<i>00:53.14</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:11, starttime: 09:30

Heat: 11/16 Lane : 4 Athlete: LAZEROMS SIEN Q-time: 01:18:57

PB (50m pool): 01:18.57 Antwerpen 15/03/2026 PB (25m pool): 01:14.66 SB: 01:18.57 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:36.84	01:18.57	
	<i>00:36.84</i>	<i>00:41.73</i>	
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:12, starttime: 09:30	
Heat: 12/16 Lane : 5 Athlete: VAN GINNEKEN MARIT		Q-time: 01:16:51	
PB (50m pool): 01:16.51 Antwerpen 15/03/2026		PB (25m pool): 01:15.78 SB: 01:16.51 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:34.82	01:16.51	
	<i>00:34.82</i>	<i>00:41.69</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:14, starttime: 09:35	
Heat: 14/16 Lane : 1 Athlete: MICHELSEN JINTHE		Q-time: 01:12:58	
PB (50m pool): 01:12.58 Antwerpen 22/03/2026		PB (25m pool): 01:12.02 SB: 01:12.58 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:32.67	01:12.58	
	<i>00:32.67</i>	<i>00:39.91</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:14, starttime: 09:35	
Heat: 14/16 Lane : 7 Athlete: LUYTEN JULIE		Q-time: 01:12:31	
PB (50m pool): 01:12.31 Antwerp 26/01/2025		PB (25m pool): 01:08.22 SB: no time	
	5 0 M	1 0 0 M	
PB	00:32.71	01:12.31	
	<i>00:32.71</i>	<i>00:39.60</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:3, starttime: 09:45	
Heat: 3/15 Lane : 7 Athlete: JOOSEN CIS		Q-time: 01:37:35	
PB (50m pool): 01:37.35 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:35.21 SB: 01:37.35 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:44.35	01:37.35	
	<i>00:44.35</i>	<i>00:53.00</i>	
	

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+		Heat:6, starttime: 09:50	
Heat: 6/15 Lane : 6 Athlete: CLAESSENS VIC		Q-time: 01:24:80	
PB (50m pool): 01:24.80 Antwerpen 15/03/2026		PB (25m pool): 01:23.95 SB: 01:24.80 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:39.62	01:24.80	
	<i>00:39.62</i>	<i>00:45.18</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:11, starttime: 10:00	
Heat: 11/15 Lane : 2 Athlete: JORISSEN QUINTEN		Q-time: 01:10:00	
PB (50m pool): 01:10.00 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:04.60 SB: 01:10.00 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:32.01	01:10.00	
	<i>00:32.01</i>	<i>00:37.99</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:9, starttime: 10:25	
Heat: 9/24 Lane : 2 Athlete: MAVRIQI ARRITA		Q-time: 01:15:35	
PB (50m pool): 01:15.35 Antwerpen 15/03/2026		PB (25m pool): 01:14.80 SB: 01:15.35 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:34.82	01:15.35	
	<i>00:34.82</i>	<i>00:40.53</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:17, starttime: 10:40	
Heat: 17/24 Lane : 1 Athlete: VAN LOOVEREN ASTER		Q-time: 01:08:22	
PB (50m pool): 01:08.22 Antwerpen 15/03/2026		PB (25m pool): 01:05.94 SB: 01:08.22 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:32.47	01:08.22	
	<i>00:32.47</i>	<i>00:35.75</i>	
	

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:17, starttime: 10:40

Heat: 17/24 Lane : 4 Athlete: MATTHEEUSEN ELLA Q-time: 01:07:19

PB (50m pool): 01:07.19 Antwerpen 15/03/2026 PB (25m pool): 01:05.04 SB: 01:07.19 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:31.89	01:07.19	
	<i>00:31.89</i>	<i>00:35.30</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:18, starttime: 10:40

Heat: 18/24 Lane : 5 Athlete: VAN GINNEKEN MARIT Q-time: 01:06:60

PB (50m pool): 01:06.60 Antwerpen 15/03/2026 PB (25m pool): 01:06.41 SB: 01:06.60 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:31.97	01:06.60	
	<i>00:31.97</i>	<i>00:34.63</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:20, starttime: 10:45

Heat: 20/24 Lane : 1 Athlete: MICHIELSEN JINTHE Q-time: 01:05:72

PB (50m pool): 01:05.72 Wezenberg 01/02/2026 PB (25m pool): 01:02.54 SB: 01:05.72 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:31.79	01:05.72	
	<i>00:31.79</i>	<i>00:33.93</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:24, starttime: 10:50

Heat: 24/24 Lane : 2 Athlete: LUYTEN JULIE Q-time: 01:01:89

PB (50m pool): 01:01.89 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 00:59.28 SB: 01:01.89 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	
PB	00:29.42	01:01.89	
	<i>00:29.42</i>	<i>00:32.47</i>	
	

Coach feedback:

GP MOL 26: Session: 1: COACH Evaluation sheet for TEAM: AZK

Event number: 5: 100M FREESTYLE MEN 11+			Heat:8, starttime: 11:05		
Heat: 8/23 Lane : 6 Athlete: JOOSEN CIS			Q-time: 01:13:12		
PB (50m pool): 01:13.12 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:12.40 SB: 01:13.12 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:35.66	01:13.12			
	<i>00:35.66</i>	<i>00:37.46</i>			
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+			Heat:18, starttime: 11:25		
Heat: 18/23 Lane : 3 Athlete: JORISSEN QUINTEN			Q-time: 00:59:81		
PB (50m pool): 00:59.81 Wezenberg 01/02/2026			PB (25m pool): 00:57.77 SB: 00:59.81 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M			
PB	00:28.44	00:59.81			
	<i>00:28.44</i>	<i>00:31.37</i>			
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+			Heat:19, starttime: 11:25		
Heat: 19/23 Lane : 1 Athlete: VAN LOON WIES			Q-time: 00:59:56		
PB (50m pool): 00:59.56 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 00:58.32 SB: 00:59.56 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:28.55	00:59.56			
	<i>00:28.55</i>	<i>00:31.01</i>			
			

Coach feedback:

Event number: 6: 200M FREESTYLE MIXED 10-9				Heat:3, starttime: 11:40	
Heat: 3/3 Lane : 5 Athlete: DELVA SAM				Q-time: 03:10:13	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

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Event number: 6: 200M FREESTYLE MIXED 10-9					Heat:3, starttime: 11:40				
Heat: 3/3 Lane : 6 Athlete: MATTHEEUSEN OLIVIA					Q-time: 03:18:41				
PB (50m pool): no time					PB (25m pool): no time SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M					
PB	no time	no time	no time	no time					
	<i>no time</i>								
					

Coach feedback:

Event number: 6: 200M FREESTYLE MIXED 10-9					Heat:3, starttime: 11:40				
Heat: 3/3 Lane : 7 Athlete: VAN LOON SCOUT					Q-time: 03:22:90				
PB (50m pool): no time					PB (25m pool): no time SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M					
PB	no time	no time	no time	no time					
	<i>no time</i>								
					

Coach feedback:

Event number: 7: 400M MEDLEY WOMEN 11+					Heat:1, starttime: 11:55				
Heat: 1/4 Lane : 3 Athlete: MATTHEEUSEN ELLA					Q-time: 99:99:99				
PB (50m pool): no time					PB (25m pool): no time 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	no time	no time	no time	no time	no time	no time	no time	no time	
	<i>no time</i>								
	

Coach feedback:

Event number: 7: 400M MEDLEY WOMEN 11+					Heat:3, starttime: 12:10				
Heat: 3/4 Lane : 8 Athlete: LAZEROMS SIEN					Q-time: 06:09:75				
PB (50m pool): 06:09.75 Wezenberg 01/02/2026					PB (25m pool): 06:09.07 SB: 06:09.75 Wezenberg 01/02/2026				
	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	00:40.29	01:28.28	02:17.20	03:03.43	03:54.50	04:45.58	05:28.57	06:09.75	
	<i>00:40.29</i>	<i>00:47.99</i>	<i>00:48.92</i>	<i>00:46.23</i>	<i>00:51.07</i>	<i>00:51.08</i>	<i>00:42.99</i>	<i>00:41.18</i>	
	

Coach feedback:

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Event number: 8: 400M MEDLEY MEN 11+							Heat:2, starttime: 12:30	
Heat: 2/4 Lane : 1 Athlete: VAN LOON WIES							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time			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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							

Coach feedback: