

GP MOL 26: Session: 2: COACH Evaluation sheet for TEAM: AZK

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

Coaches: Claessens Matthias

Coaches: Lenders Maartje HEADCOACH

Coaches: Van Eetvelde Kasper

Coaches: Michielsen Matthias

PB => Personal Best time

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

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:10, starttime: 14:30

Heat: 10/20 Lane : 2 Athlete: MAVRIQI ARRITA Q-time: 01:33:94

PB (50m pool): 01:33.94 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 01:36.66 SB: 01:33.94 Lago Kortrijk Weide 03/05/2026

	50 M	100 M	
PB	00:45.05	01:33.94	
	00:45.05	00:48.89	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:14, starttime: 14:40

Heat: 14/20 Lane : 8 Athlete: MATTHEEUSEN ELLA Q-time: 01:28:99

PB (50m pool): 01:28.99 Antwerpen 15/03/2026 PB (25m pool): 01:26.83 SB: 01:28.99 Antwerpen 15/03/2026

	50 M	100 M	
PB	00:41.59	01:28.99	
	00:41.59	00:47.40	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:15, starttime: 14:40

Heat: 15/20 Lane : 4 Athlete: LAZEROMS SIEN Q-time: 01:26:04

PB (50m pool): 01:26.04 Wezenberg 01/02/2026 PB (25m pool): 01:22.78 SB: 01:26.04 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:40.08	01:26.04	
	00:40.08	00:45.96	
	

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:15, starttime: 14:40

Heat: 15/20 Lane : 6 Athlete: VAN LOOVEREN ASTER Q-time: 01:26:96

PB (50m pool): 01:26.96 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 01:25.90 SB: 01:26.96 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	
PB	00:39.64	01:26.96	
	<i>00:39.64</i>	<i>00:47.32</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:19, starttime: 14:50

Heat: 19/20 Lane : 4 Athlete: LUYTEN JULIE Q-time: 01:12:78

PB (50m pool): 01:12.78 Antwerpen 08/03/2026 PB (25m pool): 01:12.34 SB: 01:12.78 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:33.92	01:12.78	
	<i>00:33.92</i>	<i>00:38.86</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+ Heat:7, starttime: 15:05

Heat: 7/19 Lane : 1 Athlete: CLAESSENS VIC Q-time: 01:39:94

PB (50m pool): 01:39.94 Antwerpen 15/03/2026 PB (25m pool): 01:37.41 SB: 01:39.94 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:47.71	01:39.94	
	<i>00:47.71</i>	<i>00:52.23</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+ Heat:7, starttime: 15:05

Heat: 7/19 Lane : 2 Athlete: JOOSEN CIS Q-time: 01:39:10

PB (50m pool): 01:39.10 Antwerpen 08/03/2026 PB (25m pool): 01:42.79 SB: 01:39.10 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:47.34	01:39.10	
	<i>00:47.34</i>	<i>00:51.76</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:19, starttime: 15:30	
Heat: 19/19 Lane : 6 Athlete: VAN LOON WIES		Q-time: 01:12:42	
PB (50m pool): 01:12.42 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:07.57 SB: 01:12.42 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:33.21	01:12.42	
	<i>00:33.21</i>	<i>00:39.21</i>	
	

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN 11+						Heat:3, starttime: 16:05		
Heat: 3/6 Lane : 7 Athlete: CLAESSENS MARIE						Q-time: 06:06:83		
PB (50m pool): 06:40.92 Wezenberg 05/01/2025			PB (25m pool): 06:06.83 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	00:42.74	01:31.23	02:21.43	03:12.45	04:02.97	04:54.43	05:50.78	06:40.92
	<i>00:42.74</i>	<i>00:48.49</i>	<i>00:50.20</i>	<i>00:51.02</i>	<i>00:50.52</i>	<i>00:51.46</i>	<i>00:56.35</i>	<i>00:50.14</i>

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN 11+						Heat:5, starttime: 16:15		
Heat: 5/6 Lane : 8 Athlete: VAN LOOVEREN ASTER						Q-time: 05:27:56		
PB (50m pool): 05:35.71 Antwerpen 14/07/2024			PB (25m pool): 05:27.15 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	05:35.71
	<i>no time</i>							

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+						Heat:2, starttime: 16:35		
Heat: 2/6 Lane : 5 Athlete: CLAESSENS VIC						Q-time: 05:42:25		
PB (50m pool): 05:42.25 Mol 22/06/2025			PB (25m pool): 05:38.79 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	00:38.85	01:22.06	02:05.61	02:50.60	03:34.19	04:18.57	05:01.79	05:42.25
	<i>00:38.85</i>	<i>00:43.21</i>	<i>00:43.55</i>	<i>00:44.99</i>	<i>00:43.59</i>	<i>00:44.38</i>	<i>00:43.22</i>	<i>00:40.46</i>

Coach feedback:

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Event number: 14: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:50	
Heat: 4/6 Lane : 5 Athlete: JORISSEN QUINTEN							Q-time: 04:46:47	
PB (50m pool): 04:46.47 Wezenberg 01/02/2026				PB (25m pool): 04:40.05 SB: 04:46.47 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	00:31.54	01:07.16	01:44.25	02:21.91	02:59.02	03:35.47	04:11.86	04:46.47
	<i>00:31.54</i>	<i>00:35.62</i>	<i>00:37.09</i>	<i>00:37.66</i>	<i>00:37.11</i>	<i>00:36.45</i>	<i>00:36.39</i>	<i>00:34.61</i>

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 17:35		
Heat: 15/17 Lane : 7 Athlete: VAN GINNEKEN MARIT			Q-time: 01:12:70		
PB (50m pool): 01:12.70 Antwerpen 15/03/2026		PB (25m pool): 01:10.22 SB: 01:12.70 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M			
PB	00:35.30	01:12.70			
	<i>00:35.30</i>	<i>00:37.40</i>			
			

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 17:35		
Heat: 17/17 Lane : 5 Athlete: MICHIJLSEN JINTHE			Q-time: 01:09:10		
PB (50m pool): 01:09.10 Antwerpen 19/04/2026		PB (25m pool): 01:07.09 SB: 01:09.10 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M			
PB	00:33.33	01:09.10			
	<i>00:33.33</i>	<i>00:35.77</i>			
			

Coach feedback: