

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: AZV

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

Coaches: Verachtert Elke

Coaches: Torfs Agnes

Coaches: Vandersmissen Iris

Coaches: Claassen Benny HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 14:20

Heat: 5/20 Lane : 6 Athlete: VAN COTTHEM NIKA Q-time: 01:45:06

PB (50m pool): 01:56.94 Wezenberg 01/02/2026 PB (25m pool): 01:45.06 SB: 01:56.94 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:55.91	01:56.94	
	<i>00:55.91</i>	<i>01:01.03</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 14:20

Heat: 5/20 Lane : 7 Athlete: LAURYSSSEN NETTE Q-time: 01:46:05

PB (50m pool): 01:49.71 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:46.05 SB: 01:49.71 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:51.19	01:49.71	
	<i>00:51.19</i>	<i>00:58.52</i>	
	

Coach feedback:

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

Heat: 11/20 Lane : 5 Athlete: PEETERS LENA Q-time: 01:32:21

PB (50m pool): 01:35.19 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:32.21 SB: 01:35.19 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:44.33	01:35.19	
	<i>00:44.33</i>	<i>00:50.86</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+			Heat:12, starttime: 15:15		
Heat: 12/19 Lane : 7 Athlete: WILLEMS RUBEN			Q-time: 01:24:68		
PB (50m pool): 01:30.61 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:24.68 SB: 01:30.61 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:42.54	01:30.61			
	<i>00:42.54</i>	<i>00:48.07</i>			
			

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 15:25		
Heat: 16/19 Lane : 5 Athlete: LEMMENS NOAH			Q-time: 01:16:51		
PB (50m pool): 01:17.15 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:16.51 SB: 01:17.15 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:36.46	01:17.15			
	<i>00:36.46</i>	<i>00:40.69</i>			
			

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN 11+					Heat:2, starttime: 15:55			
Heat: 2/6 Lane : 8 Athlete: PEETERS LENA					Q-time: 99:99:99			
PB (50m pool): no time					PB (25m pool): 05:31.20 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: 13: 400M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:10			
Heat: 4/6 Lane : 1 Athlete: LAURYSSSEN NETTE					Q-time: 05:42:51			
PB (50m pool): no time					PB (25m pool): 05:42.51 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>							

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Event number: 13: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:25	
Heat: 6/6 Lane : 2 Athlete: LAMBRECHTS LOES							Q-time: 04:56:44	
PB (50m pool): 05:02.99 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 04:56.44 SB: 05:06.22 Zwembad Brigitte Becue 26/04/2026					
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.31	01:12.44	01:51.08	02:29.89	03:08.85	03:47.77	04:26.33	05:02.99
	00:34.31	00:38.13	00:38.64	00:38.81	00:38.96	00:38.92	00:38.56	00:36.66

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:00	
Heat: 6/6 Lane : 1 Athlete: LEMMENS NOAH							Q-time: 04:32:67	
PB (50m pool): 04:42.36 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 04:32.67 SB: 04:42.36 Zwembad Brigitte Becue 26/04/2026					
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:31.26	01:07.03	01:43.72	02:20.35	02:56.99	03:32.93	04:08.26	04:42.36
	00:31.26	00:35.77	00:36.69	00:36.63	00:36.64	00:35.94	00:35.33	00:34.10

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:00	
Heat: 6/6 Lane : 4 Athlete: CLAASSEN ILARIO							Q-time: 04:05:46	
PB (50m pool): 04:11.62 Antwerpen 27/07/2025			PB (25m pool): 04:05.46 SB: no time					
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:27.60	00:57.82	01:29.52	02:02.15	02:34.75	03:07.88	03:40.12	04:11.62
	00:27.60	00:30.22	00:31.70	00:32.63	00:32.60	00:33.13	00:32.24	00:31.50

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 17:10	
Heat: 3/17 Lane : 5 Athlete: LAURYSSSEN NETTE			Q-time: 01:35:42	
PB (50m pool): 01:37.33 Wezenberg 01/02/2026		PB (25m pool): 01:35.42 SB: 01:37.33 Wezenberg 01/02/2026		
	50 M	100 M		
PB	00:47.18	01:37.33		
	00:47.18	00:50.15		
		

Coach feedback:

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Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:5, starttime: 17:15
Heat: 5/17 Lane : 7 Athlete: VAN COTTHEM NIKA		Q-time: 01:31:83
PB (50m pool): 01:32.17 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:31.83 SB: 01:32.17 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:45.80	01:32.17
	<i>00:45.80</i>	<i>00:46.37</i>

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:12, starttime: 17:30
Heat: 12/17 Lane : 1 Athlete: KENNIS NATHALIE		Q-time: 01:17:64
PB (50m pool): 01:14.17 Antwerpen 17/10/2021 PB (25m pool): 01:10.05 SB: no time		
	5 0 M	1 0 0 M
PB	no time	01:14.17
	<i>no time</i>	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:7, starttime: 17:55
Heat: 7/15 Lane : 7 Athlete: WILLEMS IWAN		Q-time: 01:21:20
PB (50m pool): 01:24.73 Wezenberg 01/02/2026 PB (25m pool): 01:21.20 SB: 01:24.73 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M
PB	00:41.37	01:24.73
	<i>00:41.37</i>	<i>00:43.36</i>

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:12, starttime: 18:00
Heat: 12/15 Lane : 3 Athlete: WILLEMS RUBEN		Q-time: 01:09:71
PB (50m pool): 01:10.43 SportinGenk Park 24/05/2026 PB (25m pool): 01:09.71 SB: 01:10.43 SportinGenk Park 24/05/2026		
	5 0 M	1 0 0 M
PB	00:33.02	01:10.43
	<i>00:33.02</i>	<i>00:37.41</i>

Coach feedback:

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Event number: 16: 100M BACKSTROKE MEN 11+		Heat:13, starttime: 18:05
Heat: 13/15 Lane : 5 Athlete: CLAASSEN ILARIO		Q-time: 01:01:88
PB (50m pool): 01:01.88 Kortrijk 04/05/2025		PB (25m pool): 00:59.83 SB: no time
	5 0 M	1 0 0 M
PB	00:29.65	01:01.88
	<i>00:29.65</i>	<i>00:32.23</i>

Coach feedback: