

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 08:00 until 08:50. 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: 17: 50M BUTTERFLY WOMEN 11+ Heat:6, starttime: 09:05

Heat: 6/19 Lane : 5 Athlete: PEETERS LENA Q-time: 00:39:27

PB (50m pool): 00:41.09 Antwerpen 19/04/2026 PB (25m pool): 00:39.27 SB: 00:41.09 Antwerpen 19/04/2026

	50 M	
PB	00:41.09	
	00:41.09	
	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11+ Heat:7, starttime: 09:10

Heat: 7/19 Lane : 7 Athlete: VAN COTTHEM NIKA Q-time: 00:38:88

PB (50m pool): 00:38.88 Antwerpen 19/04/2026 PB (25m pool): 00:43.46 SB: 00:38.88 Antwerpen 19/04/2026

	50 M	
PB	00:38.88	
	00:38.88	
	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11+ Heat:12, starttime: 09:15

Heat: 12/19 Lane : 8 Athlete: LAMBRECHTS LOES Q-time: 00:35:18

PB (50m pool): 00:37.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:35.18 SB: no time

	50 M	
PB	00:37.02	
	00:37.02	
	

Coach feedback:

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Event number: 17: 50M BUTTERFLY WOMEN 11+		Heat:14, starttime: 09:15
Heat: 14/19 Lane : 2 Athlete: KENNIS NATHALIE		Q-time: 00:33:03
PB (50m pool): 00:31.66 Antwerpen 16/10/2021		PB (25m pool): 00:31.24 SB: 00:33.03 Wezenberg 01/02/2026
	5 0 M	
PB	00:31.66	
	00:31.66	
	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 11+		Heat:19, starttime: 09:20
Heat: 19/19 Lane : 4 Athlete: VAN DE CLOOT ELINA		Q-time: 00:27:94
PB (50m pool): 00:27.94 Antwerpen 17/05/2026		PB (25m pool): 00:27.73 SB: 00:27.94 Antwerpen 17/05/2026
	5 0 M	
PB	00:27.94	
	00:27.94	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:7, starttime: 09:30
Heat: 7/19 Lane : 2 Athlete: WILLEMS IWAN		Q-time: 00:37:55
PB (50m pool): 00:37.55 Wezenberg 01/02/2026		PB (25m pool): 00:37.29 SB: 00:37.55 Wezenberg 01/02/2026
	5 0 M	
PB	00:37.55	
	00:37.55	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:12, starttime: 09:35
Heat: 12/19 Lane : 2 Athlete: LEMMENS NOAH		Q-time: 00:32:42
PB (50m pool): 00:33.76 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:32.42 SB: no time
	5 0 M	
PB	00:33.76	
	00:33.76	
	

Coach feedback:

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Event number: 18: 50M BUTTERFLY MEN 11+		Heat:13, starttime: 09:35
Heat: 13/19 Lane : 5 Athlete: WILLEMS RUBEN		Q-time: 00:31:27
PB (50m pool): 00:31.27 Antwerpen 19/04/2026		PB (25m pool): 00:31.34 SB: 00:31.27 Antwerpen 19/04/2026
	5 0 M	
PB	00:31.27	
	<i>00:31.27</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY MEN 11+		Heat:19, starttime: 09:45
Heat: 19/19 Lane : 7 Athlete: CLAASSEN ILARIO		Q-time: 00:26:41
PB (50m pool): 00:26.41 Antwerpen 20/04/2025		PB (25m pool): 00:26.52 SB: no time
	5 0 M	
PB	00:26.41	
	<i>00:26.41</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:1, starttime: 09:45
Heat: 1/12 Lane : 5 Athlete: LAURYSSSEN NETTE		Q-time: 00:48:23
PB (50m pool): 00:51.18 Mol 22/06/2025		PB (25m pool): 00:48.23 SB: no time
	5 0 M	
PB	00:51.18	
	<i>00:51.18</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:2, starttime: 09:45
Heat: 2/12 Lane : 1 Athlete: VAN COTTHEM NIKA		Q-time: 00:46:95
PB (50m pool): 00:46.95 Mol 22/06/2025		PB (25m pool): 00:52.75 SB: no time
	5 0 M	
PB	00:46.95	
	<i>00:46.95</i>	
	

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:8, starttime: 09:55
Heat: 8/12 Lane : 7 Athlete: LAMBRECHTS LOES		Q-time: 00:36:75
PB (50m pool): 00:36.75 Antwerpen 19/04/2026		PB (25m pool): 00:38.23 SB: 00:36.75 Antwerpen 19/04/2026
	5 0 M	
PB	00:36.75	
	<i>00:36.75</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:8, starttime: 09:55
Heat: 8/12 Lane : 8 Athlete: KENNIS NATHALIE		Q-time: 00:36:79
PB (50m pool): 00:34.30 Antwerpen 16/10/2021		PB (25m pool): 00:32.75 SB: 00:36.79 Olympic Pool Wezenberg, Antwer 29
	5 0 M	
PB	00:34.30	
	<i>00:34.30</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 11+		Heat:12, starttime: 09:55
Heat: 12/12 Lane : 4 Athlete: VAN DE CLOOT ELINA		Q-time: 00:29:83
PB (50m pool): 00:31.18 Antwerpen 17/05/2026		PB (25m pool): 00:30.32 SB: 00:31.18 Antwerpen 17/05/2026
	5 0 M	
PB	00:31.18	
	<i>00:31.18</i>	
	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:6, starttime: 10:05
Heat: 6/12 Lane : 1 Athlete: WILLEMS IWAN		Q-time: 00:37:83
PB (50m pool): 00:37.83 Antwerpen 19/04/2026		PB (25m pool): no time SB: 00:37.83 Antwerpen 19/04/2026
	5 0 M	
PB	00:37.83	
	<i>00:37.83</i>	
	

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 11+		Heat:9, starttime: 10:10
Heat: 9/12 Lane : 1 Athlete: WILLEMS RUBEN		Q-time: 00:32:71
PB (50m pool): 00:32.71 Antwerpen 19/04/2026		PB (25m pool): 00:34.28 SB: 00:32.71 Antwerpen 19/04/2026
	5 0 M	
PB	00:32.71	
	<i>00:32.71</i>	
	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 11+		Heat:12, starttime: 10:10
Heat: 12/12 Lane : 4 Athlete: CLAASSEN ILARIO		Q-time: 00:27:58
PB (50m pool): 00:29.36 Mol 22/06/2025		PB (25m pool): 00:27.58 SB: no time
	5 0 M	
PB	00:29.36	
	<i>00:29.36</i>	
	

Coach feedback:

Event number: 21: 4x50M MEDLEY WOMEN				Heat:1, starttime: 10:15
Heat: 1/4 Lane : 4 Athlete: TEAM AZV 1				Q-time: 99:99:99
PB (50m pool):		PB (25m pool):		SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB				

Coach feedback:

Event number: 22: 4x50M MEDLEY MEN				Heat:2, starttime: 10:30
Heat: 2/4 Lane : 2 Athlete: TEAM AZV 1				Q-time: 99:99:99
PB (50m pool):		PB (25m pool):		SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB				

Coach feedback:

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Event number: 23: 50M BREASTSTROKE WOMEN 11+		Heat:2, starttime: 10:50
Heat: 2/16 Lane : 3 Athlete: LAURYSSSEN NETTE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 23: 50M BREASTSTROKE WOMEN 11+		Heat:8, starttime: 11:00
Heat: 8/16 Lane : 7 Athlete: PEETERS LENA		Q-time: 00:44:35
PB (50m pool): 00:44.35 Antwerpen 19/04/2026		PB (25m pool): no time SB: 00:44.35 Antwerpen 19/04/2026
	5 0 M	
PB	00:44.35	
	<i>00:44.35</i>	
	

Coach feedback:

Event number: 23: 50M BREASTSTROKE WOMEN 11+		Heat:16, starttime: 11:10
Heat: 16/16 Lane : 6 Athlete: VAN DE CLOOT ELINA		Q-time: 00:34:79
PB (50m pool): 00:35.33 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:33.85 SB: 00:36.54 Brugge 25/01/2026
	5 0 M	
PB	00:35.33	
	<i>00:35.33</i>	
	

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+		Heat:10, starttime: 11:20
Heat: 10/14 Lane : 5 Athlete: LEMMENS NOAH		Q-time: 00:35:90
PB (50m pool): 00:35.19 Antwerpen 19/04/2026		PB (25m pool): 00:35.90 SB: 00:35.19 Antwerpen 19/04/2026
	5 0 M	
PB	00:35.19	
	<i>00:35.19</i>	
	

Coach feedback:

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Event number: 24: 50M BREASTSTROKE MEN 11+		Heat:14, starttime: 11:25
Heat: 14/14 Lane : 7 Athlete: CLAASSEN ILARIO		Q-time: 00:31:82
PB (50m pool): 00:33.02 Wezenberg 05/01/2025 PB (25m pool): 00:31.82 SB: no time		
	5 0 M	
PB	00:33.02	
	<i>00:33.02</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:6, starttime: 11:35
Heat: 6/22 Lane : 3 Athlete: VAN COTTHEM NIKA		Q-time: 00:36:13
PB (50m pool): 00:38.26 Mol 22/06/2025 PB (25m pool): 00:36.13 SB: no time		
	5 0 M	
PB	00:38.26	
	<i>00:38.26</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:7, starttime: 11:35
Heat: 7/22 Lane : 5 Athlete: LAURYSSSEN NETTE		Q-time: 00:35:06
PB (50m pool): 00:41.35 Mol 22/06/2025 PB (25m pool): 00:35.06 SB: no time		
	5 0 M	
PB	00:41.35	
	<i>00:41.35</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:8, starttime: 11:35
Heat: 8/22 Lane : 1 Athlete: PEETERS LENA		Q-time: 00:34:61
PB (50m pool): 00:41.88 Mol 22/06/2025 PB (25m pool): 00:35.66 SB: no time		
	5 0 M	
PB	00:41.88	
	<i>00:41.88</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: AZV

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:17, starttime: 11:45
Heat: 17/22 Lane : 5 Athlete: LAMBRECHTS LOES		Q-time: 00:30:29
PB (50m pool): 00:31.59 Antwerpen 19/04/2026		PB (25m pool): 00:30.29 SB: 00:31.59 Antwerpen 19/04/2026
	5 0 M	
PB	00:31.59	
	<i>00:31.59</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:18, starttime: 11:45
Heat: 18/22 Lane : 4 Athlete: KENNIS NATHALIE		Q-time: 00:29:81
PB (50m pool): 00:28.65 ANTWERPEN 31/07/2022		PB (25m pool): 00:27.33 SB: 00:29.81 Antwerpen 19/04/2026
	5 0 M	
PB	00:28.65	
	<i>00:28.65</i>	
	

Coach feedback:

Event number: 25: 50M FREESTYLE WOMEN 11+		Heat:22, starttime: 11:50
Heat: 22/22 Lane : 4 Athlete: VAN DE CLOOT ELINA		Q-time: 00:26:70
PB (50m pool): 00:27.29 Antwerp 09/02/2025		PB (25m pool): 00:26.70 SB: 00:27.68 Antwerpen 17/05/2026
	5 0 M	
PB	00:27.29	
	<i>00:27.29</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:7, starttime: 12:00
Heat: 7/20 Lane : 6 Athlete: WILLEMS IWAN		Q-time: 00:33:96
PB (50m pool): 00:34.95 Mol 22/06/2025		PB (25m pool): 00:33.96 SB: no time
	5 0 M	
PB	00:34.95	
	<i>00:34.95</i>	
	

Coach feedback:

GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: AZV

Event number: 26: 50M FREESTYLE MEN 11+		Heat:12, starttime: 12:05
Heat: 12/20 Lane : 7 Athlete: WILLEMS RUBEN		Q-time: 00:29:88
PB (50m pool): 00:29.88 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:27.96 SB: no time		
	5 0 M	
PB	00:29.88	
	<i>00:29.88</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:15, starttime: 12:10
Heat: 15/20 Lane : 2 Athlete: LEMMENS NOAH		Q-time: 00:27:87
PB (50m pool): 00:28.64 Antwerpen 19/04/2026 PB (25m pool): 00:27.87 SB: 00:28.64 Antwerpen 19/04/2026		
	5 0 M	
PB	00:28.64	
	<i>00:28.64</i>	
	

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+		Heat:20, starttime: 12:15
Heat: 20/20 Lane : 1 Athlete: CLAASSEN ILARIO		Q-time: 00:25:16
PB (50m pool): 00:26.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.16 SB: no time		
	5 0 M	
PB	00:26.15	
	<i>00:26.15</i>	
	

Coach feedback:

Event number: 27: 4x50M FREESTYLE WOMEN				Heat:1, starttime: 12:25
Heat: 1/4 Lane : 6 Athlete: TEAM AZV 1				Q-time: 99:99:99
PB (50m pool):		PB (25m pool):		SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB				

Coach feedback:

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Event number: 28: 4x50M FREESTYLE MEN					Heat:1, starttime: 12:35
Heat: 1/4 Lane : 1 Athlete: TEAM AZV 1					Q-time: 99:99:99
PB (50m pool):		PB (25m pool):		SB:	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	

Coach feedback: