

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: AZV

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

PB => Personal Best time

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

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 14:03
Heat: 3/8 Lane : 5 Athlete: VAN COTTHEM NIKA			Q-time: 00:38:88
PB (25m pool): 00:43.46 Arendonk 30/11/2025			PB (50m pool): 00:38.88 SB: no time
	2 5 M	5 0 M	
PB		00:43.46	
		00:43.46	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 14:05
Heat: 5/8 Lane : 2 Athlete: LAMBRECHTS LOES			Q-time: 00:35:18
PB (25m pool): 00:35.18 Nijlen 16/11/2025			PB (50m pool): 00:36.04 SB: no time
	2 5 M	5 0 M	
PB		00:35.18	
		00:35.18	
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 14:12
Heat: 3/9 Lane : 1 Athlete: VERSTRAETEN DJURRE			Q-time: 00:41:20
PB (25m pool): 00:41.20 Herentals 09/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:41.20	
		00:41.20	
			

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 11+				Heat:5, starttime: 14:41
Heat: 5/7 Lane : 5 Athlete: WILLEMS RUBEN				Q-time: 00:34:28
PB (25m pool): 00:34.28 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:32.71 SB: no time				
	2 5 M	5 0 M		
PB		00:34.28		
		00:34.28		
				

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:13
Heat: 3/10 Lane : 3 Athlete: LAURYSEN NETTE					Q-time: 01:35:07
PB (25m pool): 01:35.07 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.86		01:35.07	
		00:45.86		00:49.21	
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:15
Heat: 4/10 Lane : 2 Athlete: VAN COTTHEM NIKA					Q-time: 01:32:19
PB (25m pool): 01:32.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.83		01:32.19	
		00:42.83		00:49.36	
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:15
Heat: 4/10 Lane : 4 Athlete: PEETERS LENA					Q-time: 01:32:18
PB (25m pool): 01:32.18 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.01		01:32.18	
		00:46.01		00:46.17	
					

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 15:23
Heat: 8/10 Lane : 6 Athlete: LAMBRECHTS LOES					Q-time: 01:20:34
PB (25m pool): 01:20.34 Hoogstraten 28/09/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.34	
	no time				
					

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:31
Heat: 2/6 Lane : 3 Athlete: VERSTRAETEN DJURRE					Q-time: 01:39:65
PB (25m pool): 01:39.65 Hoogstraten 28/09/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.65	
	no time				
					

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+					Heat:4, starttime: 15:35
Heat: 4/6 Lane : 6 Athlete: WILLEMS IWAN					Q-time: 01:17:90
PB (25m pool): 01:17.90 Herentals 09/05/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.31		01:17.90	
	00:36.31		00:41.59		
					

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+					Heat:5, starttime: 15:37
Heat: 5/6 Lane : 1 Athlete: WILLEMS RUBEN					Q-time: 01:10:02
PB (25m pool): 01:10.02 Arendonk 31/05/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.02	
	no time				
					

Coach feedback:

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Event number: 9: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 15:41
Heat: 1/3 Lane : 4 Athlete: VAN VORST MARIE					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 11: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:16
Heat: 5/9 Lane : 4 Athlete: PEETERS LENA					Q-time: 00:44:35
PB (25m pool): no time PB (50m pool): 00:44.35 SB: no time					
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 13: 50M FREESTYLE MIXED 10-9					Heat:2, starttime: 16:35
Heat: 2/3 Lane : 4 Athlete: VAN VORST MARIE					Q-time: 00:40:87
PB (25m pool): no time PB (50m pool): 00:40.87 SB: no time					
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 14: 50M FREESTYLE WOMEN 11+					Heat:5, starttime: 16:43
Heat: 5/11 Lane : 6 Athlete: LAURYSSSEN NETTE					Q-time: 00:35:06
PB (25m pool): 00:35.06 Turnhout 01/03/2026 PB (50m pool): 00:36.04 SB: no time					
	2 5 M	5 0 M			
PB		00:35.06			
	00:35.06				
					

Coach feedback:

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Event number: 15: 50M FREESTYLE MEN 11+			Heat:4, starttime: 16:54
Heat: 4/10 Lane : 2 Athlete: WILLEMS IWAN			Q-time: 00:32:01
PB (25m pool): 00:33.96 Hoogstraten 28/09/2025 PB (50m pool): 00:32.01 SB: no time			
	2 5 M	5 0 M	
PB		00:33.96	
		00:33.96	
			

Coach feedback: