

CB-BK WE1 2026: Session: 3: COACH evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Eetvelde Kasper

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:2, starttime: 08:36

Heat: 2/12 Lane : 1 Athlete: BROUWERS PHEBE Q-time: 05:08:32

PB (50m pool): 05:16.91 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 05:08.32 SB: 05:16.91 Lago Kortrijk Weide 03/05/2026

	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	00:34.39	01:13.21	01:53.50	02:35.19	03:15.96	03:57.34	04:37.56	05:16.91
	00:34.39	00:38.82	00:40.29	00:41.69	00:40.77	00:41.38	00:40.22	00:39.35
								

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14 Heat:2, starttime: 11:38

Heat: 2/9 Lane : 1 Athlete: MATTHEEUSEN ELLA Q-time: 01:26:83

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

	5 0 M	1 0 0 M	
PB	00:41.59	01:28.99	
	00:41.59	00:47.40	
			

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14 Heat:5, starttime: 11:43

Heat: 5/9 Lane : 4 Athlete: BROUWERS MISCHA Q-time: 01:23:96

PB (50m pool): 01:32.12 Antwerpen 13/07/2025 PB (25m pool): 01:23.96 SB: no time

	5 0 M	1 0 0 M	
PB	00:43.16	01:32.12	
	00:43.16	00:48.96	
			

Coach feedback:

CB-BK WE1 2026: Session: 3: COACH evaluation sheet for TEAM: AZK

Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:7, starttime: 11:47	
Heat: 7/9 Lane : 1 Athlete: LAZEROMS SIEN				Q-time: 01:22:78	
PB (50m pool): 01:26.04 Wezenberg 01/02/2026				PB (25m pool): 01:22.78 SB: 01:26.04 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:40.08	01:26.04			
	00:40.08	00:45.96			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 12:54	
Heat: 1/15 Lane : 4 Athlete: MATTHEEUSEN ELLA					Q-time: 02:48:31	
PB (50m pool): 02:48.31 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:45.14 SB: 02:48.31 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.39	01:21.75	02:05.47	02:48.31		
	00:39.39	00:42.36	00:43.72	00:42.84		
						

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 13:09	
Heat: 5/15 Lane : 3 Athlete: BROUWERS PHEBE					Q-time: 02:44:83	
PB (50m pool): 02:52.81 Wezenberg 01/02/2026					PB (25m pool): 02:44.83 SB: 02:52.81 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:41.10	01:24.84	02:09.51	02:52.81		
	00:41.10	00:43.74	00:44.67	00:43.30		
						

Coach feedback: