

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 Relay line-up input: The listed starttimes are indicative!

Coaches: Wielandt Pieter

Coaches: Sys Justine HEADCOACH

Coaches: Mathys Jana

Coaches: De Noble Naomi

Coaches: De Waele Lente

Coaches: Van Heghe Margot

Coaches: De Noble Chloë

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:2, starttime: 09:04	
Heat: 2/14 Lane : 5 Athlete: DE CRAENE THIBE							Q-time: 02:40:73	
PB (25m pool): 02:40.73 Sinbad 16/03/2025							PB (50m pool): 02:48.00 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.01		01:18.37		no time		02:40.73
	00:37.01		00:41.36					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:2, starttime: 09:04	
Heat: 2/14 Lane : 6 Athlete: STEVENS GERBEN							Q-time: 02:41:87	
PB (25m pool): 02:47.99 Gent 23/02/2025							PB (50m pool): 02:41.87 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.10		01:20.94		02:04.91		02:47.99
	00:38.10		00:42.84		00:43.97		00:43.08	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:07	
Heat: 3/14 Lane : 1 Athlete: GERRITSEN BRUNO							Q-time: 02:34:73	
PB (25m pool): 02:34.73 Sint-Amandsberg 19/10/2025							PB (50m pool): 02:40.11 SB: 02:34.73 Sint-Amandsberg 19/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.60		01:14.75		01:55.71		02:34.73
	00:34.60		00:40.15		00:40.96		00:39.02	
								

Coach feedback:

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Event number: 1: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:07	
Heat: 3/14 Lane : 5 Athlete: DE CHAMPS LOïc							Q-time: 02:32:81	
PB (25m pool): 02:32.84 Sinbad 16/03/2025				PB (50m pool): 02:32.81 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.57		01:13.31		no time		02:32.84
	00:34.57		00:38.74					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:10	
Heat: 4/14 Lane : 1 Athlete: CASTEUR NICOLAS							Q-time: 02:31:78	
PB (25m pool): 02:31.78 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:44.91 SB: 02:31.78 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.22		01:14.03		01:54.22		02:31.78
	00:34.22		00:39.81		00:40.19		00:37.56	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:10	
Heat: 4/14 Lane : 2 Athlete: EL GHAZALI ADAM							Q-time: 02:29:49	
PB (25m pool): 02:29.49 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:32.40SB: 02:29.54 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.12		01:10.46		01:49.61		02:29.49
	00:33.12		00:37.34		00:39.15		00:39.88	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:10	
Heat: 4/14 Lane : 7 Athlete: BECK STANN							Q-time: 02:30:31	
PB (25m pool): 02:30.31 T ROSCO 12/10/2025				PB (50m pool): 02:57.78 SB: 02:30.31 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.63		01:13.50		01:52.59		02:30.31
	00:34.63		00:38.87		00:39.09		00:37.72	
								

Coach feedback:

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Event number: 1: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:13	
Heat: 5/14 Lane : 4 Athlete: UVYN MAXIM							Q-time: 02:24:39	
PB (25m pool): 02:24.39 T ROSCO 12/10/2025				PB (50m pool): 02:29.95 SB: 02:24.39 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:32.88		01:10.17		01:48.29		02:24.39
	00:32.88		00:37.29		00:38.12		00:36.10	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:6, starttime: 09:16	
Heat: 6/14 Lane : 3 Athlete: HOSTE LARS							Q-time: 02:21:88	
PB (25m pool): 02:21.88 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:32.37 SB: 02:21.88 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:32.86		01:09.47		01:45.87		02:21.88
	00:32.86		00:36.61		00:36.40		00:36.01	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:7, starttime: 09:19	
Heat: 7/14 Lane : 1 Athlete: STEVENS JAAN							Q-time: 02:19:97	
PB (25m pool): 02:12.24 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:19.97 SB: 02:12.24 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.91		01:05.47		01:39.36		02:12.24
	00:30.91		00:34.56		00:33.89		00:32.88	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:21	
Heat: 8/14 Lane : 6 Athlete: VANNIEUWENHUYSE LOïC							Q-time: 02:14:79	
PB (25m pool): 02:14.79 Gent 23/02/2025				PB (50m pool): 02:18.02 SB: 02:18.71 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.70		01:05.09		01:40.34		02:14.79
	00:30.70		00:34.39		00:35.25		00:34.45	
								

Coach feedback:

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Event number: 1: 200M FREESTYLE MEN 11+							Heat:9, starttime: 09:24	
Heat: 9/14 Lane : 6 Athlete: DE BIE DAAN							Q-time: 02:12:10	
PB (25m pool): 02:12.10 T ROSCO 12/10/2025				PB (50m pool): 02:14.13 SB: 02:12.10 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.19		01:05.14		01:39.27		02:12.10
	00:31.19		00:33.95		00:34.13		00:32.83	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:9, starttime: 09:24	
Heat: 9/14 Lane : 8 Athlete: NEYRYNCK TIBO							Q-time: 02:13:38	
PB (25m pool): 02:13.38 DENDERMONDE. 23/11/2024				PB (50m pool): 02:15.31 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.63		01:05.33		no time		02:13.38
	00:30.63		00:34.70					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:10, starttime: 09:27	
Heat: 10/14 Lane : 3 Athlete: LIEVENS TIEBE							Q-time: 02:07:83	
PB (25m pool): 02:07.83 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:17.86 SB: 02:07.83 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:29.06		01:01.53		01:35.19		02:07.83
	00:29.06		00:32.47		00:33.66		00:32.64	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:10, starttime: 09:27	
Heat: 10/14 Lane : 8 Athlete: BEERNAERT DAAN							Q-time: 02:10:92	
PB (25m pool): 02:10.92 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:18.93 SB: 02:10.92 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:29.53		01:03.22		01:37.72		02:10.92
	00:29.53		00:33.69		00:34.50		00:33.20	
								

Coach feedback:

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Event number: 1: 200M FREESTYLE MEN 11+							Heat:11, starttime: 09:29	
Heat: 11/14 Lane : 5 Athlete: DE SMAELE KEYON							Q-time: 02:05:67	
PB (25m pool): 02:05.67 TEMSE 24/11/2024				PB (50m pool): 02:12.60 SB: 02:09.20 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.52		01:00.58		01:34.01		02:05.67
	00:28.52		00:32.06		00:33.43		00:31.66	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:11, starttime: 09:29	
Heat: 11/14 Lane : 8 Athlete: VAN RAEMDONCK CAMU							Q-time: 02:06:76	
PB (25m pool): 02:06.76 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:09.86 SB: 02:06.76 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:29.76		01:01.87		01:35.04		02:06.76
	00:29.76		00:32.11		00:33.17		00:31.72	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:12, starttime: 09:32	
Heat: 12/14 Lane : 1 Athlete: VERHEYDEN VINZ							Q-time: 02:05:17	
PB (25m pool): 02:05.17 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:12.11 SB: 02:05.17 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.41		01:00.06		01:33.03		02:05.17
	00:28.41		00:31.65		00:32.97		00:32.14	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:12, starttime: 09:32	
Heat: 12/14 Lane : 5 Athlete: VAN TRICHT FINN							Q-time: 02:03:86	
PB (25m pool): 02:03.86 Gent 23/02/2025				PB (50m pool): 02:07.46 SB: 02:04.50 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.31		00:59.94		01:32.53		02:03.86
	00:28.31		00:31.63		00:32.59		00:31.33	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:40	
Heat: 1/15 Lane : 5 Athlete: VAN LAETHEM ALEXIS							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:40	
Heat: 1/15 Lane : 6 Athlete: VAN CAENEGEM FIEN							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:44	
Heat: 2/15 Lane : 3 Athlete: HAMID ROYAH							Q-time: 02:56:99	
PB (25m pool): 02:56.99 Gent 23/02/2025				PB (50m pool): 03:01.83 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.27		01:25.55		02:12.15		02:56.99
	00:40.27		00:45.28		00:46.60		00:44.84	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:44	
Heat: 2/15 Lane : 5 Athlete: UVYN AURÉLIE							Q-time: 02:55:92	
PB (25m pool): 02:55.92 Sint-Amandsberg 19/10/2025			PB (50m pool): no time SB: 02:55.92 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.26		01:27.30		02:14.07		02:55.92
	00:41.26		00:46.04		00:46.77		00:41.85	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:48	
Heat: 3/15 Lane : 5 Athlete: VAN LOO HANNAH							Q-time: 02:48:54	
PB (25m pool): 02:48.75 Eeklo 21/04/2025				PB (50m pool): 02:48.54 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.08		01:23.00		no time		02:48.75
	00:39.08		00:43.92					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:48	
Heat: 3/15 Lane : 7 Athlete: GALMART HAYLEY							Q-time: 02:51:07	
PB (25m pool): 02:51.07 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:53.96 SB: 02:51.07 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.82		01:25.12		02:09.00		02:51.07
	00:39.82		00:45.30		00:43.88		00:42.07	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:51	
Heat: 4/15 Lane : 1 Athlete: VERBERT KAAT							Q-time: 02:43:23	
PB (25m pool): 02:43.23 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 02:43.23 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.87		01:20.17		02:03.65		02:43.23
	00:37.87		00:42.30		00:43.48		00:39.58	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:51	
Heat: 4/15 Lane : 3 Athlete: MAES AALIYAH							Q-time: 02:42:14	
PB (25m pool): 02:42.14 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:50.13SB: 02:54.87 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.77		01:17.71		02:00.69		02:42.14
	00:36.77		00:40.94		00:42.98		00:41.45	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:54	
Heat: 5/15 Lane : 1 Athlete: VANCAYZEELE MARGAUX							Q-time: 02:39:30	
PB (25m pool): 02:39.30 Sinbad 16/03/2025				PB (50m pool): 02:44.05 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.41		01:16.23		no time		02:39.30
	00:36.41		00:39.82					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:54	
Heat: 5/15 Lane : 4 Athlete: DE ROYE YELENA							Q-time: 02:34:68	
PB (25m pool): 02:34.68 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:59.51 SB: 02:34.68 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.53		01:14.86		01:55.55		02:34.68
	00:35.53		00:39.33		00:40.69		00:39.13	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 5 Athlete: VAN GHELUE RINSKE							Q-time: 02:32:82	
PB (25m pool): 02:32.82 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:38.39SB: 02:32.82 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.39		01:14.27		01:54.55		02:32.82
	00:35.39		00:38.88		00:40.28		00:38.27	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 8 Athlete: MENU NINA							Q-time: 02:34:55	
PB (25m pool): 02:35.19 T ROSCO 12/10/2025				PB (50m pool): 02:34.55 SB: 02:35.19 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.42		01:13.06		01:53.98		02:35.19
	00:34.42		00:38.64		00:40.92		00:41.21	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 1 Athlete: DE SMAELE KENZA							Q-time: 02:32:23	
PB (25m pool): 02:32.23 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:35.83 SB: 02:32.23 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.56		01:13.30		01:53.15		02:32.23
	00:34.56		00:38.74		00:39.85		00:39.08	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 3 Athlete: DEGRANDE AN							Q-time: 02:31:06	
PB (25m pool): 02:31.06 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:40.31 SB: 02:31.06 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.16		01:13.59		01:53.09		02:31.06
	00:35.16		00:38.43		00:39.50		00:37.97	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 4 Athlete: CANTRé EMILIE							Q-time: 02:29:37	
PB (25m pool): 02:29.37 TEMSE 24/11/2024				PB (50m pool): 02:34.78 SB: 02:31.68 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.90		01:11.54		01:50.75		02:29.37
	00:33.90		00:37.64		00:39.21		00:38.62	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 6 Athlete: STORME IEME							Q-time: 02:31:47	
PB (25m pool): 02:32.59 T ROSCO 12/10/2025				PB (50m pool): 02:31.47 SB: 02:32.59 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.93		01:13.48		01:53.65		02:32.59
	00:34.93		00:38.55		00:40.17		00:38.94	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 1 Athlete: NEIRINCK ANNELIES							Q-time: 02:28:78	
PB (25m pool): 02:28.78 Gent 23/02/2025				PB (50m pool): 02:32.49 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.26		01:11.63		01:50.30		02:28.78
	00:34.26		00:37.37		00:38.67		00:38.48	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 3 Athlete: STORME JADE							Q-time: 02:27:85	
PB (25m pool): 02:27.85 Gent 23/02/2025				PB (50m pool): 02:29.98SB: 02:28.55 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.47		01:11.28		01:50.47		02:27.85
	00:33.47		00:37.81		00:39.19		00:37.38	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 6 Athlete: BEULENS LOTTE							Q-time: 02:27:91	
PB (25m pool): 02:27.91 T ROSCO 12/10/2025				PB (50m pool): 02:34.48SB: 02:27.91 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.87		01:11.47		01:50.48		02:27.91
	00:33.87		00:37.60		00:39.01		00:37.43	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 8 Athlete: BOGAERT HANNE							Q-time: 02:28:93	
PB (25m pool): 02:28.93 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:43.14 SB: 02:28.93 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.57		01:12.62		01:51.65		02:28.93
	00:34.57		00:38.05		00:39.03		00:37.28	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 10:28
Heat: 2/6 Lane : 4 Athlete: GERRITSEN BRUNO					Q-time: 01:25:80
PB (25m pool): 01:25.80 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:27.31 SB: 01:25.80 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.42		01:25.80	
	00:40.42		00:45.38		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 10:28
Heat: 2/6 Lane : 5 Athlete: BECK STANN					Q-time: 01:26:34
PB (25m pool): 01:26.34 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:27.60 SB: 01:26.34 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.42		01:26.34	
	00:41.42		00:44.92		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 10:28
Heat: 2/6 Lane : 7 Athlete: ACKE MANU					Q-time: 01:36:94
PB (25m pool): 01:36.94 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:44.40 SB: 01:36.94 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.35		01:36.94	
	00:46.35		00:50.59		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/6 Lane : 4 Athlete: DEGRANDE LARS					Q-time: 01:14:30
PB (25m pool): 01:14.30 Nijlen 17/11/2024					PB (50m pool): 01:19.23 SB: 01:17.94 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.65		01:14.30	
	00:34.65		00:39.65		
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/6 Lane : 7 Athlete: DE CRAENE MATTHIS					Q-time: 01:15:97
PB (25m pool): 01:15.97 Gent 23/02/2025					PB (50m pool): 01:18.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.43		01:15.97	
	00:36.43		00:39.54		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/6 Lane : 8 Athlete: TIMMERMANS JULES					Q-time: 01:17:89
PB (25m pool): 01:17.22 Sinbad 26/03/2023					PB (50m pool): 01:17.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.22	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 10:34
Heat: 5/6 Lane : 1 Athlete: VAN RAEMDONCK CAMU					Q-time: 01:13:69
PB (25m pool): 01:13.69 T ROSCO 12/10/2025					PB (50m pool): 01:18.48 SB: 01:13.69 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.81		01:13.69	
	00:34.81		00:38.88		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 10:34
Heat: 5/6 Lane : 3 Athlete: VANCAYZEELE THIBAU					Q-time: 01:11:94
PB (25m pool): 01:11.94 T ROSCO 12/10/2025					PB (50m pool): 01:13.62 SB: 01:11.94 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.08		01:11.94	
	00:33.08		00:38.86		
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 10:34
Heat: 5/6 Lane : 5 Athlete: SLOS ROBBIE					Q-time: 01:11:43
PB (25m pool): 01:11.20 Ronse 15/10/2023					PB (50m pool): 01:13.94 SB: 01:12.22 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.20	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 10:34
Heat: 5/6 Lane : 8 Athlete: CASTEUR ALEXANDER					Q-time: 01:13:89
PB (25m pool): 01:13.89 Gent 23/02/2025					PB (50m pool): 01:17.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.44		01:13.89	
	00:34.44 00:39.45				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 10:35
Heat: 6/6 Lane : 5 Athlete: DE SMAELE KEYON					Q-time: 01:05:53
PB (25m pool): 01:05.53 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:07.31 SB: 01:06.64 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.98		01:05.53	
	00:30.98 00:34.55				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 10:35
Heat: 6/6 Lane : 8 Athlete: VAN TRICHT FINN					Q-time: 01:09:72
PB (25m pool): 01:09.72 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.79 SB: 01:09.72 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.59		01:09.72	
	00:32.59 00:37.13				
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 10:37
Heat: 1/5 Lane : 3 Athlete: VAN CAENEGEM FIEN					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: 4: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 10:37
Heat: 1/5 Lane : 5 Athlete: VAN LAETHEM ALEXIS					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: 4: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 10:40
Heat: 2/5 Lane : 4 Athlete: DE ROYE YELENA					Q-time: 01:43:52
PB (25m pool): 01:43.52 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:46.79SB: 01:43.52 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.51		01:43.52	
	00:49.5100:54.01				
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 10:40
Heat: 2/5 Lane : 7 Athlete: UVYN AURÉLIE					Q-time: 01:48:67
PB (25m pool): 01:48.67 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:49.03SB: 01:48.67 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.64		01:48.67	
	00:51.6400:57.03				
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:43
Heat: 3/5 Lane : 1 Athlete: DAEM HANNELISE					Q-time: 01:41:23
PB (25m pool): 01:41.23 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:44.11 SB: 01:41.23 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.36		01:41.23	
	00:48.36		00:52.87		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:43
Heat: 3/5 Lane : 5 Athlete: DE BACKER SOPHIE					Q-time: 01:37:24
PB (25m pool): 01:37.24 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:44.67 SB: 01:37.24 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.53		01:37.24	
	00:46.53		00:50.71		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:43
Heat: 3/5 Lane : 6 Athlete: GALMART HAYLEY					Q-time: 01:38:15
PB (25m pool): 01:38.15 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:40.92 SB: 01:38.15 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.14		01:38.15	
	00:46.14		00:52.01		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/5 Lane : 8 Athlete: DE BIE LIZE					Q-time: 01:32:46
PB (25m pool): 01:32.46 WAREGEM 21/04/2025			PB (50m pool): 01:32.90 SB: 01:33.10 T ROSCO 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.01		01:32.46	
	00:44.01		00:48.45		
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 8 Athlete: DE SMAELE KENZA					Q-time: 01:21:55
PB (25m pool): 01:21.55 WAREGEM 21/04/2025					PB (50m pool): 01:23.44 SB: 01:25.70 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.94		01:21.55	
	00:37.94		00:43.61		
					

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 10:49	
Heat: 1/3 Lane : 4 Athlete: BAEYENS EMKE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 10:49	
Heat: 1/3 Lane : 6 Athlete: COSYN MATS							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:2, starttime: 10:54	
Heat: 2/3 Lane : 2 Athlete: VERBUSTEL LORE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:2, starttime: 10:54	
Heat: 2/3 Lane : 5 Athlete: VANDENWEGHE THOMAS							Q-time: 03:53:37	
PB (25m pool): 03:53.37 Sinbad 05/10/2025				PB (50m pool): no time SB: 03:53.37 Sinbad 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:58.39		no time		no time		03:53.37
	00:58.39							
								

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:3, starttime: 10:58	
Heat: 3/3 Lane : 7 Athlete: BAELE NORAH							Q-time: 03:19:66	
PB (25m pool): 03:19.66 T ROSCO 12/10/2025				PB (50m pool): 03:21.04 SB: 03:19.66 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.82		01:37.34		02:34.83		03:19.66
	00:44.82		00:52.52			00:57.49		00:44.83
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 11:03	
Heat: 1/8 Lane : 3 Athlete: SLOS ROBBIE							Q-time: 99:99:99	
PB (25m pool): 02:36.43 Eeklo 28/04/2019				PB (50m pool): 02:33.82 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:36.43
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:07	
Heat: 2/8 Lane : 1 Athlete: TIMMERMANS JULES							Q-time: 99:99:99	
PB (25m pool): 02:55.15 LAGO Rozebroeken 23/10/2022				PB (50m pool): 02:44.91 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:55.15
	no time							
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:07	
Heat: 2/8 Lane : 3 Athlete: STEVENS GERBEN							Q-time: 03:05:70	
PB (25m pool): no time			PB (50m pool): 03:05.70 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:07	
Heat: 2/8 Lane : 4 Athlete: EL GHAZALI ADAM							Q-time: 02:50:96	
PB (25m pool): 02:51.68 Sint-Amandsberg 22/10/2023				PB (50m pool): 02:50.96SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:51.68
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:07	
Heat: 2/8 Lane : 6 Athlete: ACKE MANU							Q-time: 03:18:76	
PB (25m pool): no time			PB (50m pool): 03:18.76SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:11	
Heat: 3/8 Lane : 5 Athlete: VANCAYZEELE THIBAU							Q-time: 02:45:22	
PB (25m pool): 02:39.77 Diksmuide 19/11/2023				PB (50m pool): 02:42.83SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:39.77
	no time							
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:15	
Heat: 4/8 Lane : 2 Athlete: UVYN MAXIM							Q-time: 02:40:19	
PB (25m pool): 02:40.19 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:49.84 SB: 02:40.19 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.57		01:18.47		02:00.18		02:40.19
	00:37.57		00:40.90		00:41.71		00:40.01	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:15	
Heat: 4/8 Lane : 4 Athlete: VANNIEUWENHUYSE LOïc							Q-time: 02:37:67	
PB (25m pool): 02:37.67 T ROSCO 20/10/2024				PB (50m pool): 02:42.98 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.78		01:16.90		01:57.60		02:37.67
	00:36.78		00:40.12		00:40.70		00:40.07	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:15	
Heat: 4/8 Lane : 7 Athlete: DE CRAENE MATTHIS							Q-time: 02:41:56	
PB (25m pool): 02:41.56 Sinbad 24/03/2024				PB (50m pool): 02:59.29 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:41.56
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 11:18	
Heat: 5/8 Lane : 2 Athlete: DEGRANDE LARS							Q-time: 02:35:23	
PB (25m pool): 02:35.23 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:47.06 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.66		01:15.21		01:55.95		02:35.23
	00:35.66		00:39.55		00:40.74		00:39.28	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 11:18	
Heat: 5/8 Lane : 6 Athlete: HOSTE LARS							Q-time: 02:35:18	
PB (25m pool): 02:35.18 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:44.64 SB: 02:35.18 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.73		01:16.00		01:55.69		02:35.18
	00:36.73		00:39.27		00:39.69		00:39.49	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 11:18	
Heat: 5/8 Lane : 8 Athlete: LIEVENS TIEBE							Q-time: 02:37:10	
PB (25m pool): 02:37.10 TEMSE 24/11/2024				PB (50m pool): 02:41.97SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.93		01:17.82		01:57.94		02:37.10
	00:37.93		00:39.89		00:40.12		00:39.16	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 11:25	
Heat: 7/8 Lane : 1 Athlete: BEERNAERT DAAN							Q-time: 02:22:55	
PB (25m pool): 02:22.55 T ROSCO 12/10/2025				PB (50m pool): 02:33.64SB: 02:22.55 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.47		01:09.34		01:46.45		02:22.55
	00:33.47		00:35.87		00:37.11		00:36.10	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/9 Lane : 2 Athlete: HAMID ROYAH							Q-time: 03:24:58	
PB (25m pool): 03:24.81 Ronse 17/03/2024				PB (50m pool): 03:24.58SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		03:24.81
	no time							
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/9 Lane : 3 Athlete: MENU NINA							Q-time: 03:11:53	
PB (25m pool): no time			PB (50m pool): 03:11.53 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/9 Lane : 4 Athlete: VAN LOO HANNAH							Q-time: 03:03:56	
PB (25m pool): 03:15.35 Sinbad 29/12/2024				PB (50m pool): 03:03.56 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.01		01:37.21		no time		03:15.35
	00:47.01		00:50.20					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 11:41	
Heat: 3/9 Lane : 2 Athlete: MAES AALIYAH							Q-time: 02:58:20	
PB (25m pool): 02:58.20 Sinbad 24/03/2024				PB (50m pool): 03:02.71 SB: 03:02.49 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:58.20
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 11:41	
Heat: 3/9 Lane : 3 Athlete: DAEM HANNELISE							Q-time: 02:54:26	
PB (25m pool): 02:54.26 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:59.61 SB: 02:54.26 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.11		01:25.82		02:11.04		02:54.26
	00:41.11		00:44.71		00:45.22		00:43.22	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 11:41	
Heat: 3/9 Lane : 8 Athlete: DE BIE LIZE							Q-time: 03:02:07	
PB (25m pool): 03:02.07 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:15.50 SB: 03:02.07 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.32		01:29.99		02:17.36		03:02.07
	00:43.32		00:46.67		00:47.37		00:44.71	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 4 Athlete: STORME IEME							Q-time: 02:46:29	
PB (25m pool): 02:46.29 Gent 23/02/2025				PB (50m pool): 02:53.10 SB: 02:49.53 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.73		01:21.30		02:04.46		02:46.29
	00:38.73		00:42.57		00:43.16		00:41.83	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 6 Athlete: BOGAERT HANNE							Q-time: 02:47:04	
PB (25m pool): 02:47.04 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:54.58 SB: 02:47.04 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.92		01:21.78		02:05.51		02:47.04
	00:38.92		00:42.86		00:43.73		00:41.53	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 7 Athlete: BEULENS LOTTE							Q-time: 02:49:45	
PB (25m pool): 02:57.10 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:49.45 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.19		01:27.16		02:13.85		02:57.10
	00:41.19		00:45.97		00:46.69		00:43.25	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 8 Athlete: DE BACKER SOPHIE							Q-time: 02:50:50	
PB (25m pool): 02:50.50 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:00.39SB: 02:50.50 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.83		01:24.45		02:09.09		02:50.50
	00:40.83		00:43.62		00:44.64		00:41.41	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 3 Athlete: CANTRé EMILIE							Q-time: 02:38:49	
PB (25m pool): 02:38.49 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:45.59SB: 02:38.49 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.92		01:17.29		01:58.72		02:38.49
	00:36.92		00:40.37		00:41.43		00:39.77	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 7 Athlete: STORME JADE							Q-time: 02:40:36	
PB (25m pool): 02:40.36 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:42.93SB: 02:40.36 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.32		01:18.21		01:59.56		02:40.36
	00:37.32		00:40.89		00:41.35		00:40.80	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 8 Athlete: NEIRINCK ANNELIES							Q-time: 02:40:66	
PB (25m pool): 02:40.66 Gent 23/02/2025				PB (50m pool): 02:46.03SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.24		01:16.60		01:58.56		02:40.66
	00:36.24		00:40.36		00:41.96		00:42.10	
								

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 12:05
Heat: 1/7 Lane : 5 Athlete: CASTEUR NICOLAS					Q-time: 01:41:93
PB (25m pool): no time			PB (50m pool): 01:41.93 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: 8: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 12:08
Heat: 2/7 Lane : 1 Athlete: DE CRAENE THIBE					Q-time: 01:34:57
PB (25m pool): 01:34.57 Sinbad 05/10/2025			PB (50m pool): 01:37.50 SB: 01:34.57 Sinbad 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.65		01:34.57	
	00:40.65 00:53.92				
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 12:08
Heat: 2/7 Lane : 4 Athlete: STEVENS JAAN					Q-time: 01:24:75
PB (25m pool): 01:24.75 Sinbad 05/10/2025			PB (50m pool): no time SB: 01:24.75 Sinbad 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.59		01:24.75	
	00:35.59 00:49.16				
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 12:08
Heat: 2/7 Lane : 5 Athlete: DE CHAMPS LOïC					Q-time: 01:25:09
PB (25m pool): 01:33.13 Sint-Amandsberg 27/10/2024			PB (50m pool): 01:25.09 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.82		01:33.13	
	00:40.82 00:52.31				
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 12:10
Heat: 3/7 Lane : 1 Athlete: HOSTE LARS					Q-time: 01:23:59
PB (25m pool): 01:23.59 Sinbad 05/10/2025					PB (50m pool): 01:25.07 SB: 01:23.59 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.86		01:23.59	
	00:37.86		00:45.73		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 12:10
Heat: 3/7 Lane : 5 Athlete: EL GHAZALI ADAM					Q-time: 01:16:69
PB (25m pool): 01:16.69 Sinbad 05/10/2025					PB (50m pool): 01:20.33 SB: 01:16.69 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.59		01:16.69	
	00:35.59		00:41.10		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 12:12
Heat: 4/7 Lane : 4 Athlete: DE BIE DAAN					Q-time: 01:08:84
PB (25m pool): 01:08.84 T ROSCO 12/10/2025					PB (50m pool): 01:09.23 SB: 01:08.84 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.92		01:08.84	
	00:31.92		00:36.92		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 12:12
Heat: 4/7 Lane : 7 Athlete: BEERNAERT DAAN					Q-time: 01:12:09
PB (25m pool): 01:18.11 Sinbad 12/01/2025					PB (50m pool): 01:12.09 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.05		01:18.11	
	00:35.05		00:43.06		
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 12:13
Heat: 5/7 Lane : 1 Athlete: NEYRYNCK TIBO					Q-time: 01:07:66
PB (25m pool): 01:07.66 Sinbad 05/10/2025					PB (50m pool): 01:11.25 SB: 01:07.66 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.57		01:07.66	
	00:36.57		00:31.09		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 12:13
Heat: 5/7 Lane : 4 Athlete: CASTEUR ALEXANDER					Q-time: 01:05:31
PB (25m pool): 01:05.31 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.22 SB: 01:05.31 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.70		01:05.31	
	00:29.70		00:35.61		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 7 Athlete: VERHEYDEN VINZ					Q-time: 01:02:86
PB (25m pool): 01:02.86 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:07.00 SB: 01:02.86 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.26		01:02.86	
	00:29.26		00:33.60		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 12:23
Heat: 3/7 Lane : 1 Athlete: VERBERT KAAT					Q-time: 01:29:57
PB (25m pool): 01:29.57 Sinbad 05/10/2025					PB (50m pool): 01:34.29 SB: 01:29.57 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.48		01:29.57	
	00:40.48		00:49.09		
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 12:23
Heat: 3/7 Lane : 3 Athlete: DEGRANDE AN					Q-time: 01:26:28
PB (25m pool): 01:26.28 Sint-Amandsberg 27/10/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.70		01:26.28	
	00:38.70		00:47.58		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 12:23
Heat: 3/7 Lane : 6 Athlete: VAN GHELUE RINSKE					Q-time: 01:27:85
PB (25m pool): 01:27.85 TEMSE 24/11/2024					PB (50m pool): 01:31.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.13		01:27.85	
	00:40.13		00:47.72		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 12:23
Heat: 3/7 Lane : 8 Athlete: VANCAYZEELE MARGAUX					Q-time: 01:33:54
PB (25m pool): 01:33.54 Gent 23/02/2025					PB (50m pool): 01:45.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.60		01:33.54	
	00:40.60		00:52.94		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 12:27
Heat: 5/7 Lane : 6 Athlete: NEIRINCK ANNELIES					Q-time: 01:14:75
PB (25m pool): 01:15.79 Nijlen 17/11/2024					PB (50m pool): 01:14.75 SB: 01:19.32 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.26		01:15.79	
	00:35.26		00:40.53		
					

Coach feedback: