

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

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

Coaches: Pingnet Olivier

Coaches: Kenis Bart HEADCOACH

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

Event number: 1: 200M FREESTYLE MEN 11+ Heat:3, starttime: 09:07

Heat: 3/14 Lane : 8 Athlete: DOCHITA EDUARD Q-time: 02:35:47

PB (25m pool): 02:35.47 Antwerpen 12/10/2025 PB (50m pool): 02:45.07 SB: 02:35.47 Antwerpen 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		00:36.06		01:15.86		01:56.38		02:35.47
	00:36.06		00:39.80		00:40.52		00:39.09	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+ Heat:7, starttime: 09:19

Heat: 7/14 Lane : 5 Athlete: COUVREUR FRED Q-time: 02:18:07

PB (25m pool): 02:18.07 Sint-Amandsberg 19/10/2025 PB (50m pool): 02:23.40 SB: 02:18.07 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		00:31.85		01:07.25		01:43.11		02:18.07
	00:31.85		00:35.40		00:35.86		00:34.96	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+ Heat:8, starttime: 09:21

Heat: 8/14 Lane : 7 Athlete: KEUSTERMANS LARD Q-time: 02:16:55

PB (25m pool): 02:16.55 Sint-Amandsberg 19/10/2025 PB (50m pool): 02:21.52 SB: 02:16.55 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		00:31.40		01:07.44		01:42.58		02:16.55
	00:31.40		00:36.04		00:35.14		00:33.97	
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:11, starttime: 09:29	
Heat: 11/14 Lane : 2 Athlete: DE VALCK THIBAUT							Q-time: 02:06:22	
PB (25m pool): 02:06.22 Antwerpen 12/10/2025				PB (50m pool): 02:21.27 SB: 02:06.22 Antwerpen 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		00:29.37		01:01.57		01:34.00		02:06.22
	00:29.37		00:32.20		00:32.43		00:32.22	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:13, starttime: 09:34	
Heat: 13/14 Lane : 3 Athlete: OST RYAN							Q-time: 02:00:07	
PB (25m pool): 02:00.07 Mol 20/10/2024				PB (50m pool): 02:04.01 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		00:27.81		00:58.16		01:29.39		02:00.07
	00:27.81		00:30.35		00:31.23		00:30.68	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:48	
Heat: 3/15 Lane : 4 Athlete: KENIS STERRE							Q-time: 02:47:38	
PB (25m pool): 02:47.38 Antwerpen 12/10/2025				PB (50m pool): 02:58.78 SB: 02:47.38 Antwerpen 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		00:38.16		01:22.73		02:06.09		02:47.38
	00:38.16		00:44.57		00:43.36		00:41.29	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:51	
Heat: 4/15 Lane : 5 Athlete: MELIS FEE							Q-time: 02:40:69	
PB (25m pool): 02:40.69 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:54.89SB: 02:40.69 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		00:38.02		01:19.31		02:00.83		02:40.69
	00:38.02		00:41.29		00:41.52		00:39.86	
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 10:06	
Heat: 9/15 Lane : 7 Athlete: ROMBOUTS FLOOR							Q-time: 02:24:91	
PB (25m pool): 02:24.91 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:28.98SB: 02:27.11 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		00:33.87		01:10.85		01:48.10		02:24.91
	00:33.87		00:36.98		00:37.25		00:36.81	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:11, starttime: 10:12	
Heat: 11/15 Lane : 1 Athlete: BOGAERTS KRISTA							Q-time: 02:20:44	
PB (25m pool): 02:20.44 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:27.91 SB: 02:20.44 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		00:32.27		01:08.74		01:44.36		02:20.44
	00:32.27		00:36.47		00:35.62		00:36.08	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:13, starttime: 10:17	
Heat: 13/15 Lane : 7 Athlete: DE LETTER SOFIE							Q-time: 02:15:31	
PB (25m pool): 02:15.31 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:21.63 SB: 02:15.31 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		00:31.24		01:05.57		01:40.95		02:15.31
	00:31.24		00:34.33		00:35.38		00:34.36	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:13, starttime: 10:17	
Heat: 13/15 Lane : 8 Athlete: VAN BOCKSTAL YOANNA							Q-time: 02:16:33	
PB (25m pool): 02:16.33 Antwerpen 12/10/2025				PB (50m pool): 02:21.00SB: 02:16.33 Antwerpen 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		00:31.88		01:07.22		01:41.71		02:16.33
	00:31.88		00:35.34		00:34.49		00:34.62	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:15, starttime: 10:22	
Heat: 15/15 Lane : 6 Athlete: WILLAERT AYLA							Q-time: 02:06:64	
PB (25m pool): 02:06.64 Hoogstraten 05/05/2024				PB (50m pool): 02:11.82 SB: 02:10.70 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		02:06.64
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:15, starttime: 10:22	
Heat: 15/15 Lane : 7 Athlete: VAN DE CLOOT ELINA							Q-time: 02:08:99	
PB (25m pool): 02:08.99 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:12.27 SB: 02:15.90 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		00:29.27		01:02.70		01:35.46		02:08.99
	00:29.27		00:33.43		00:32.76		00:33.53	
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:28			
Heat: 2/6 Lane : 2 Athlete: DOCHITA EDUARD							Q-time: 01:36:11			
PB (25m pool): 01:36.11 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:40.14 SB: 01:36.11 Sint-Amandsberg 19/10/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:45.76				01:36.11			
	00:45.76				00:50.35					
										

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:6, starttime: 10:35	
Heat: 6/6 Lane : 3 Athlete: VAN WELLEN JOSEPH							Q-time: 01:05:91	
PB (25m pool): 01:03.73 Aachen 12/10/2025				PB (50m pool): 01:07.29SB: 01:03.73 Aachen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:29.75		01:03.73				
	00:29.75		00:33.98					
								

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:43
Heat: 3/5 Lane : 2 Athlete: KENIS STERRE					Q-time: 01:38:18
PB (25m pool): 01:38.18 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:40.26 SB: 01:38.18 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.52		01:38.18	
	00:47.52		00:50.66		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/5 Lane : 2 Athlete: MELIS FEE					Q-time: 01:28:23
PB (25m pool): 01:28.23 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:34.54 SB: 01:28.23 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.53		01:28.23	
	00:41.53		00:46.70		
					

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9						Heat:2, starttime: 10:54		
Heat: 2/3 Lane : 4 Athlete: VAN DE VELDE ELISE						Q-time: 03:42:08		
PB (25m pool): 03:42.08 Kalmthout 23/02/2025						PB (50m pool): 03:40.66 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		00:53.73		no time		no time		03:42.08
	00:53.73							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+						Heat:6, starttime: 11:22		
Heat: 6/8 Lane : 1 Athlete: COUVREUR FRED						Q-time: 02:30:69		
PB (25m pool): 02:30.69 Antwerpen 12/10/2025						PB (50m pool): 02:36.75 SB: 02:30.69 Antwerpen 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		00:36.21		01:15.05		01:53.54		02:30.69
	00:36.21		00:38.84		00:38.49		00:37.15	
								

Coach feedback:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 8 Athlete: KEUSTERMANS LARD							Q-time: 02:31:06	
PB (25m pool): 02:31.06 Aarschot 04/05/2025				PB (50m pool): 02:39.13 SB: 02:31.77 Antwerpen 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		00:35.66		01:13.97		no time		02:31.06
	00:35.66		00:38.31					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 11:25	
Heat: 7/8 Lane : 7 Athlete: DE VALCK THIBAUT							Q-time: 02:22:43	
PB (25m pool): 02:22.43 Aarschot 04/05/2025				PB (50m pool): 02:22.17 SB: 02:22.47 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		00:33.21		01:08.94		no time		02:22.43
	00:33.21		00:35.73					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 11:28	
Heat: 8/8 Lane : 1 Athlete: OST RYAN							Q-time: 02:16:05	
PB (25m pool): 02:16.05 Antwerpen 12/10/2025				PB (50m pool): 02:21.02 SB: 02:16.05 Antwerpen 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		00:31.85		01:06.90		01:42.23		02:16.05
	00:31.85		00:35.05		00:35.33		00:33.82	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 11:28	
Heat: 8/8 Lane : 4 Athlete: VAN WELLEN JOSEPH							Q-time: 02:05:89	
PB (25m pool): 02:01.44 Gent 09/11/2025				PB (50m pool): 02:05.68 SB: 02:01.44 Gent 09/11/2025				
	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		00:28.54		00:59.39		01:31.13		02:01.44
	00:28.54		00:30.85		00:31.74		00:30.31	
								

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 1 Athlete: ROMBOUTS FLOOR							Q-time: 02:40:56	
PB (25m pool): 02:40.56 Antwerpen 12/10/2025				PB (50m pool): 02:45.64 SB: 02:40.56 Antwerpen 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		00:37.50		01:19.07		02:00.10		02:40.56
	00:37.50		00:41.57		00:41.03		00:40.46	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 5 Athlete: DE LETTER SOFIE							Q-time: 02:37:44	
PB (25m pool): 02:37.44 Antwerpen 12/10/2025				PB (50m pool): 02:44.10 SB: 02:37.44 Antwerpen 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		00:37.15		01:17.73		01:58.49		02:37.44
	00:37.15		00:40.58		00:40.76		00:38.95	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 11:55	
Heat: 7/9 Lane : 1 Athlete: VAN BOCKSTAL YOANNA							Q-time: 02:35:53	
PB (25m pool): 02:35.53 Mol 29/12/2024				PB (50m pool): 02:40.78 SB: 02:36.68 Antwerpen 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		00:35.82		01:15.36		01:55.90		02:35.53
	00:35.82		00:39.54		00:40.54		00:39.63	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 11:55	
Heat: 7/9 Lane : 6 Athlete: BOGAERTS KRISTA							Q-time: 02:33:50	
PB (25m pool): 02:33.50 TEMSE 24/11/2024				PB (50m pool): 02:37.04 SB: 02:34.13 Antwerpen 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		00:35.67		01:14.03		01:54.36		02:33.50
	00:35.67		00:38.36		00:40.33		00:39.14	
								

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:8, starttime: 11:59	
Heat: 8/9 Lane : 8 Athlete: MELIS VLINDER							Q-time: 02:31:87	
PB (25m pool): 02:31.87 Parklaan 58, Turnhout 30/03/2025							PB (50m pool): 02:35.92 SB: 02:34.60 Antwerpen 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		00:38.56		01:12.93		no time		02:31.87
	00:38.56		00:34.37					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 1 Athlete: WILLAERT AYLA							Q-time: 02:24:97	
PB (25m pool): 02:24.97 Mol 29/12/2024							PB (50m pool): 02:29.39SB: 02:29.77 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		00:33.85		01:10.81		01:47.95		02:24.97
	00:33.85		00:36.96		00:37.14		00:37.02	
								

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+							Heat:5, starttime: 12:27			
Heat: 5/7 Lane : 7 Athlete: MELIS VLINDER							Q-time: 01:15:81			
PB (25m pool): 01:15.81 Sint-Amandsberg 19/10/2025							PB (50m pool): 01:15.98SB: 01:15.81 Sint-Amandsberg 19/10/2025			
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:34.41				01:15.81			
	00:34.41				00:41.40					
										

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+							Heat:7, starttime: 12:30	
Heat: 7/7 Lane : 4 Athlete: VAN DE CLOOT ELINA							Q-time: 01:02:79	
PB (25m pool): 01:01.61 Gent 09/11/2025							PB (50m pool): 01:02.44 SB: 01:01.61 Gent 09/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:29.22		01:01.61				
	00:29.22		00:32.39					
								

Coach feedback: