

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

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

Coaches: Felies Jürgen

Coaches: Lammens Tim

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:13	
Heat: 5/14 Lane : 2 Athlete: VAN ACHTER MAURO							Q-time: 02:26:75	
PB (25m pool): 02:26.75 Lokeren 29/09/2024				PB (50m pool): 02:24.83 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		no time		no time		no time		02:26.75
	no time							
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:6, starttime: 09:16	
Heat: 6/14 Lane : 6 Athlete: VERHENNE TIM							Q-time: 02:22:31	
PB (25m pool): 02:16.44 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:21.99SB: 02:16.44 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		00:31.38		01:06.27		01:41.90		02:16.44
	00:31.38		00:34.89		00:35.63		00:34.54	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:6, starttime: 09:16	
Heat: 6/14 Lane : 8 Athlete: ROGIERS LOUIS							Q-time: 02:23:92	
PB (25m pool): 02:23.57 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:34.45SB: 02:23.57 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		00:32.38		01:09.07		01:46.96		02:23.57
	00:32.38		00:36.69		00:37.89		00:36.61	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:44	
Heat: 2/15 Lane : 4 Athlete: BOGAERT AMANI							Q-time: 02:53:84	
PB (25m pool): 02:53.84 DENDERMONDE. 23/11/2024				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		01:25.73		no time		02:53.84
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 10:06	
Heat: 9/15 Lane : 2 Athlete: LAMMENS ALIX							Q-time: 02:23:79	
PB (25m pool): 02:23.79 T ROSCO 12/10/2025				PB (50m pool): 02:28.30SB: 02:23.79 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		00:33.01		01:09.56		01:47.30		02:23.79
	00:33.01		00:36.55		00:37.74		00:36.49	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:40	
Heat: 2/5 Lane : 3 Athlete: BOGAERT AMANI							Q-time: 01:44:90	
PB (25m pool): 01:44.90 Sint-Amandsberg 27/10/2024							PB (50m pool): 01:49.92 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:50.10		01:44.90				
	00:50.10		00:54.80					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:11	
Heat: 3/8 Lane : 3 Athlete: VERHENNE TIM							Q-time: 02:45:60	
PB (25m pool): 02:45.60 Lokeren 05/04/2025				PB (50m pool): 03:02.26 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		00:39.05		01:21.38		02:04.04		02:45.60
	00:39.05		00:42.33			00:42.66		00:41.56
								

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/9 Lane : 5 Athlete: BOGAERT AMANI							Q-time: 03:06:19	
PB (25m pool): 03:06.19 Lokeren 05/04/2025				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		00:44.70		01:32.91		02:20.58		03:06.19
	00:44.70		00:48.21		00:47.67		00:45.61	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 2 Athlete: LAMMENS ALIX							Q-time: 02:38:92	
PB (25m pool): 02:38.92 T ROSCO 12/10/2025				PB (50m pool): 03:09.57 SB: 02:38.92 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		00:37.77		01:17.81		01:58.87		02:38.92
	00:37.77		00:40.04		00:41.06		00:40.05	
								

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+							Heat:3, starttime: 12:10	
Heat: 3/7 Lane : 2 Athlete: ROGIERS LOUIS							Q-time: 01:19:77	
PB (25m pool): 01:16.95 Sint-Amandsberg 19/10/2025							PB (50m pool): 01:20.00SB: 01:16.95 Sint-Amandsberg 19/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.12		01:16.95				
	00:36.12		00:40.83					
								

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 12:12	
Heat: 4/7 Lane : 6 Athlete: VAN ACHTER MAURO					Q-time: 01:11:37	
PB (25m pool): 01:11.37 Lokeren 05/04/2025					PB (50m pool): 01:12.84SB: 01:12.01 Sint-Amandsberg 19/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:32.71		01:11.37		
	00:32.71		00:38.66			
						

Coach feedback: