

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

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

Coaches: Danneels Barbara 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 : 3 Athlete: VANHULLE WILLEM							Q-time: 02:33:12	
PB (25m pool): 02:33.12 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:41.86 SB: 02:33.12 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		00:35.55		01:15.02		01:55.07		02:33.12
	00:35.55		00:39.47		00:40.05		00:38.05	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:07	
Heat: 3/14 Lane : 4 Athlete: TEIRLINCK TIGO							Q-time: 02:32:70	
PB (25m pool): 02:32.70 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:41.08 SB: 02:32.70 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		00:35.34		01:14.35		01:53.93		02:32.70
	00:35.34		00:39.01		00:39.58		00:38.77	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:9, starttime: 09:24	
Heat: 9/14 Lane : 5 Athlete: VIAENE MAXIM							Q-time: 02:11:27	
PB (25m pool): 02:11.27 Eeklo 21/04/2025				PB (50m pool): 02:14.32 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		00:30.09		01:03.05		no time		02:11.27
	00:30.09		00:32.96					
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:9, starttime: 09:24	
Heat: 9/14 Lane : 7 Athlete: DE DECKER TIBE							Q-time: 02:12:48	
PB (25m pool): 02:12.48 T ROSCO 12/10/2025				PB (50m pool): 02:18.29SB: 02:12.48 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		00:29.93		01:02.97		01:37.49		02:12.48
	00:29.93		00:33.04		00:34.52		00:34.99	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:11, starttime: 09:29	
Heat: 11/14 Lane : 6 Athlete: LEROUX WOUT							Q-time: 02:05:94	
PB (25m pool): 02:00.98 Ronse 15/10/2023				PB (50m pool): 02:00.94 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		02:00.98
	no time							
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:12, starttime: 09:32	
Heat: 12/14 Lane : 8 Athlete: LOEYS EWOUT							Q-time: 02:05:30	
PB (25m pool): 02:05.30 Gent 23/02/2025				PB (50m pool): 02:09.71 SB: 02:07.22 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		00:29.69		01:01.70		01:34.14		02:05.30
	00:29.69		00:32.01		00:32.44		00:31.16	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:13, starttime: 09:34	
Heat: 13/14 Lane : 6 Athlete: KOCKX HENRI							Q-time: 02:00:20	
PB (25m pool): 02:00.20 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:02.88 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		00:28.03		00:58.32		01:29.37		02:00.20
	00:28.03		00:30.29		00:31.05		00:30.83	
								

Coach feedback:

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Event number: 1: 200M FREESTYLE MEN 11+							Heat:14, starttime: 09:37	
Heat: 14/14 Lane : 2 Athlete: SCHRAM THOR							Q-time: 01:55:97	
PB (25m pool): 01:55.97 Eeklo 21/04/2025				PB (50m pool): 02:00.74 SB: 01:55.98 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		00:26.88		00:55.63		no time		01:55.97
	00:26.88		00:28.75					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:40	
Heat: 1/15 Lane : 7 Athlete: RAEMDONCK BENTHE-MARIE							Q-time: 99:99:99	
PB (25m pool): 02:13.17 Ronse 15/10/2023				PB (50m pool): 02:21.09SB: 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		02:13.17
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 6 Athlete: VAN DER PLAS LOTTE							Q-time: 02:33:41	
PB (25m pool): 02:33.41 TEMSE 24/11/2024				PB (50m pool): 02:38.88 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		00:34.46		01:13.81		01:54.54		02:33.41
	00:34.46		00:39.35		00:40.73		00:38.87	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 5 Athlete: VANHAECKE JULIETTE							Q-time: 02:30:43	
PB (25m pool): 02:30.43 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:27.86SB: 02:30.43 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		00:34.69		01:14.29		01:52.89		02:30.43
	00:34.69		00:39.60		00:38.60		00:37.54	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 10:06	
Heat: 9/15 Lane : 3 Athlete: BLANCQUAERT CAMILLE							Q-time: 02:23:72	
PB (25m pool): 02:23.72 Gent 23/02/2025				PB (50m pool): 02:27.14 SB: 02:23.85 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		00:32.82		01:09.66		01:47.46		02:23.72
	00:32.82		00:36.84		00:37.80		00:36.26	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:10, starttime: 10:09	
Heat: 10/15 Lane : 5 Athlete: VAN LAECKE LOTTE							Q-time: 02:20:76	
PB (25m pool): 02:15.26 Sinbad 26/07/2022				PB (50m pool): 02:20.39 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		02:15.26
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:10, starttime: 10:09	
Heat: 10/15 Lane : 8 Athlete: DEN BAES ELISE							Q-time: 02:22:32	
PB (25m pool): 02:21.61 Kortrijk 26/12/2023				PB (50m pool): 02:19.65 SB: 02:22.32 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		02:21.61
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:11, starttime: 10:12	
Heat: 11/15 Lane : 4 Athlete: DE VREESE JULIE							Q-time: 02:18:54	
PB (25m pool): 02:18.54 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:20.68 SB: 02:18.54 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		00:31.61		01:06.67		01:43.39		02:18.54
	00:31.61		00:35.06		00:36.72		00:35.15	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:12, starttime: 10:14	
Heat: 12/15 Lane : 6 Athlete: VAN LAECKE LIESE							Q-time: 02:16:88	
PB (25m pool): 02:15.50 Sinbad 26/12/2022				PB (50m pool): 02:18.06 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		no time		no time		no time		02:15.50
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:12, starttime: 10:14	
Heat: 12/15 Lane : 8 Athlete: VAN HERPE MILLY							Q-time: 02:18:19	
PB (25m pool): 02:18.19 Diksmuide 17/11/2024				PB (50m pool): 02:18.26SB: 02:21.98 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		00:32.16		01:06.64		01:43.07		02:18.19
	00:32.16		00:34.48		00:36.43		00:35.12	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:13, starttime: 10:17	
Heat: 13/15 Lane : 3 Athlete: SCHRAM MILA							Q-time: 02:14:40	
PB (25m pool): 02:14.40 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:16.74 SB: 02:14.40 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		00:31.04		01:05.09		01:39.44		02:14.40
	00:31.04		00:34.05		00:34.35		00:34.96	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:13, starttime: 10:17	
Heat: 13/15 Lane : 5 Athlete: VAN LAECKE LENE							Q-time: 02:14:05	
PB (25m pool): 02:14.05 TEMSE 24/11/2024				PB (50m pool): 02:15.87 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		00:31.45		01:05.44		01:40.33		02:14.05
	00:31.45		00:33.99		00:34.89		00:33.72	
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:13, starttime: 10:17	
Heat: 13/15 Lane : 6 Athlete: GOBERT LIES							Q-time: 02:14:71	
PB (25m pool): 02:09.62 Sinbad 25/07/2021				PB (50m pool): 02:13.32 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		02:09.62
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:14, starttime: 10:20	
Heat: 14/15 Lane : 2 Athlete: MATTHEEUWS LIE							Q-time: 02:12:93	
PB (25m pool): 02:07.98 Bonn 25/11/2018				PB (50m pool): 02:10.70 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		02:07.98
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:14, starttime: 10:20	
Heat: 14/15 Lane : 4 Athlete: DE DECKER FEBE							Q-time: 02:10:02	
PB (25m pool): 02:10.02 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:13.39 SB: 02:10.02 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		00:29.92		01:02.66		01:36.42		02:10.02
	00:29.92		00:32.74		00:33.76		00:33.60	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:15, starttime: 10:22	
Heat: 15/15 Lane : 2 Athlete: VAN GYSEL MAITE							Q-time: 02:07:59	
PB (25m pool): 02:06.05 Gent 09/11/2025				PB (50m pool): 02:09.28 SB: 02:06.05 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		00:29.36		01:01.30		01:33.71		02:06.05
	00:29.36		00:31.94		00:32.41		00:32.34	
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:15, starttime: 10:22	
Heat: 15/15 Lane : 3 Athlete: VAN BRABANDT JULIETTE							Q-time: 02:05:08	
PB (25m pool): 02:05.08 Gent 09/11/2025				PB (50m pool): 02:10.74 SB: 02:05.08 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		00:29.18		01:00.87		01:33.11		02:05.08
	00:29.18		00:31.69		00:32.24		00:31.97	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:15, starttime: 10:22	
Heat: 15/15 Lane : 8 Athlete: VINCK TINE							Q-time: 02:09:78	
PB (25m pool): 02:08.20 Temse 26/11/2023				PB (50m pool): 02:10.47 SB: 02:11.46 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		no time		no time		no time		02:08.20
	no time							
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:4, starttime: 10:32	
Heat: 4/6 Lane : 2 Athlete: KOCKX HENRI							Q-time: 01:15:85	
PB (25m pool): 01:15.85 LAGO Zwevegem 20/05/2024							PB (50m pool): 01:17.34 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		01:15.85				
	no time							
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:5, starttime: 10:34	
Heat: 5/6 Lane : 4 Athlete: HERMAN AIDAN							Q-time: 01:11:36	
PB (25m pool): 01:11.36 Gent 23/02/2025				PB (50m pool): 01:12.62 SB: 01:14.79 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.14		01:11.36				
	00:33.14		00:38.22					
								

Coach feedback:

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

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 10:34
Heat: 5/6 Lane : 6 Athlete: DE MUL TOM					Q-time: 01:12:04
PB (25m pool): 01:12.39 Temse 26/11/2023					PB (50m pool): 01:12.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.39	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 10:35
Heat: 6/6 Lane : 7 Athlete: CLAEYS OSCAR					Q-time: 01:09:43
PB (25m pool):					PB (50m pool): SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/5 Lane : 1 Athlete: WAIGNEIN ROSIE					Q-time: 01:30:31
PB (25m pool): 01:30.31 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:32.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.67		01:30.31	
	00:42.67 00:47.64				
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/5 Lane : 4 Athlete: DE VREESE JULIE					Q-time: 01:22:19
PB (25m pool): 01:22.19 Eeklo 21/04/2025					PB (50m pool): 01:21.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.05		01:22.19	
	00:39.05 00:43.14				
					

Coach feedback:

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

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/5 Lane : 5 Athlete: POTIER JOLIE					Q-time: 01:23:35
PB (25m pool): 01:23.35 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:25.85 SB: 01:23.35 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.51		01:23.35	
	00:39.51		00:43.84		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 2 Athlete: VAN LAECKE LENE					Q-time: 01:20:42
PB (25m pool): 01:19.65 Verbauwenbad 18/04/2022					PB (50m pool): 01:21.08 SB: 01:20.42 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.65	
	no time				
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 4 Athlete: GOBERT LIES					Q-time: 01:09:68
PB (25m pool): 01:09.68 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 01:10.44 SB: 01:09.83 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.44		01:09.68	
	00:32.44		00:37.24		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 5 Athlete: RAEMDONCK BENTHE-MARIE					Q-time: 01:13:53
PB (25m pool): 01:11.82 Gent 09/11/2025					PB (50m pool): 01:14.27 SB: 01:11.82 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:11.82	
	00:34.00		00:37.82		
					

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 7 Athlete: VAN LAECKE LOTTE					Q-time: 01:20:52
PB (25m pool): 01:19.20 Sinbad 30/12/2023					PB (50m pool): 01:22.87 SB: 01:22.13 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.20	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 11:03	
Heat: 1/8 Lane : 5 Athlete: SCHRAM THOR							Q-time: 99:99:99	
PB (25m pool): 02:44.68 Gent 28/10/2018				PB (50m pool): 02:29.35 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		02:44.68
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:11	
Heat: 3/8 Lane : 7 Athlete: TEIRLINCK TIGO							Q-time: 02:47:57	
PB (25m pool): 02:47.57 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:04.20 SB: 02:47.57 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		00:38.65		01:20.63		02:03.89		02:47.57
	00:38.65		00:41.98		00:43.26		00:43.68	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:11	
Heat: 3/8 Lane : 8 Athlete: VANHULLE WILLEM							Q-time: 02:50:12	
PB (25m pool): 02:50.12 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:01.58 SB: 02:50.12 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		00:41.02		01:23.56		02:07.43		02:50.12
	00:41.02		00:42.54		00:43.87		00:42.69	
								

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 3 Athlete: VIAENE MAXIM							Q-time: 02:25:01	
PB (25m pool): 02:25.01 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:29.11 SB: 02:25.01 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		00:34.30		01:11.01		01:48.59		02:25.01
	00:34.30		00:36.71		00:37.58		00:36.42	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 4 Athlete: DE DECKER TIBE							Q-time: 02:24:32	
PB (25m pool): 02:24.32 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:32.15 SB: 02:24.32 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		00:33.67		01:10.87		01:48.22		02:24.32
	00:33.67		00:37.20		00:37.35		00:36.10	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 7 Athlete: KOCKX HENRI							Q-time: 02:29:66	
PB (25m pool): 02:23.46 Sinbad 25/07/2021				PB (50m pool): 02:29.24 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		02:23.46
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 1 Athlete: VAN HERPE MILLY							Q-time: 02:49:88	
PB (25m pool): 02:49.88 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:50.77 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		00:39.61		01:22.62		02:06.65		02:49.88
	00:39.61		00:43.01		00:44.03		00:43.23	
								

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 11:48	
Heat: 5/9 Lane : 1 Athlete: WAIGNEIN ROSIE							Q-time: 02:46:12	
PB (25m pool): 02:46.12 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:54.47 SB: 02:46.12 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		00:38.83		01:20.62		02:03.57		02:46.12
	00:38.83		00:41.79		00:42.95		00:42.55	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 11:48	
Heat: 5/9 Lane : 2 Athlete: POTIER JOLIE							Q-time: 02:45:93	
PB (25m pool): 02:45.93 Gent 23/02/2025				PB (50m pool): 02:46.84 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		00:40.51		01:22.79		02:05.11		02:45.93
	00:40.51		00:42.28		00:42.32		00:40.82	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 11:48	
Heat: 5/9 Lane : 6 Athlete: DEN BAES ELISE							Q-time: 02:45:64	
PB (25m pool): 02:45.64 Diksmuide 10/03/2024				PB (50m pool): no time SB: 02:47.99 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		02:45.64
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 11:48	
Heat: 5/9 Lane : 7 Athlete: VANHAECKE JULIETTE							Q-time: 02:45:99	
PB (25m pool): 02:45.99 Eeklo 21/04/2025				PB (50m pool): 02:52.43 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		00:39.69		01:22.47		no time		02:45.99
	00:39.69		00:42.78					
								

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 11:55	
Heat: 7/9 Lane : 7 Athlete: VAN LAECKE LIESE							Q-time: 02:34:08	
PB (25m pool): 02:34.08 Gent 23/02/2025				PB (50m pool): 02:38.13 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		00:35.62		01:14.31		01:53.94		02:34.08
	00:35.62		00:38.69		00:39.63		00:40.14	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:8, starttime: 11:59	
Heat: 8/9 Lane : 2 Athlete: SCHRAM MILA							Q-time: 02:28:47	
PB (25m pool): 02:28.47 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:31.15 SB: 02:28.47 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		00:34.37		01:11.33		01:50.27		02:28.47
	00:34.37		00:36.96		00:38.94		00:38.20	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:8, starttime: 11:59	
Heat: 8/9 Lane : 4 Athlete: VAN BRABANDT JULIETTE							Q-time: 02:25:91	
PB (25m pool): 02:25.91 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:29.51 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		00:33.95		01:11.17		01:48.66		02:25.91
	00:33.95		00:37.22		00:37.49		00:37.25	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 5 Athlete: VANHEUVERBEKE MARTHE							Q-time: 02:16:37	
PB (25m pool): 02:12.71 Gent 09/11/2025				PB (50m pool): 02:21.30 SB: 02:12.71 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		00:31.69		01:05.62		01:39.22		02:12.71
	00:31.69		00:33.93		00:33.60		00:33.49	
								

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 6 Athlete: MATTHEEUWS LIE							Q-time: 02:19:17	
PB (25m pool): 02:18.78 Eeklo 28/04/2019				PB (50m pool): 02:23.97 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		02:18.78
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 8 Athlete: VAN GYSEL MAITE							Q-time: 02:25:63	
PB (25m pool): 02:25.63 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:32.36 SB: 02:25.63 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		00:33.33		01:09.37		01:47.18		02:25.63
	00:33.33		00:36.04		00:37.81		00:38.45	
								

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+							Heat:3, starttime: 12:10	
Heat: 3/7 Lane : 7 Athlete: VANHULLE WILLEM							Q-time: 01:23:07	
PB (25m pool): no time				PB (50m pool): 01:23.07 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:4, starttime: 12:12	
Heat: 4/7 Lane : 1 Athlete: VIAENE MAXIM							Q-time: 01:12:37	
PB (25m pool): 01:12.37 Eeklo 21/09/2025				PB (50m pool): 01:13.04SB: 01:12.37 Eeklo 21/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:32.83		01:12.37				
	00:32.83		00:39.54					
								

Coach feedback:

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

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 12:13
Heat: 5/7 Lane : 2 Athlete: LOEYS EWOUT					Q-time: 01:06:88
PB (25m pool): 01:05.92 T ROSCO 12/10/2025					PB (50m pool): 01:09.55 SB: 01:05.92 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.43		01:05.92	
	00:30.43		00:35.49		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 8 Athlete: HERMAN AIDAN					Q-time: 01:03:60
PB (25m pool): 01:03.60 TEMSE 24/11/2024					PB (50m pool): 01:05.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.19		01:03.60	
	00:29.19		00:34.41		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 1 Athlete: CLAEYS OSCAR					Q-time: 01:00:50
PB (25m pool):					PB (50m pool): SB:
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 2 Athlete: DE MUL TOM					Q-time: 00:58:95
PB (25m pool): 00:58.95 TEMSE 24/11/2024					PB (50m pool): 01:02.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.14		00:58.95	
	00:27.14		00:31.81		
					

Coach feedback:

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

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 3 Athlete: SCHRAM THOR					Q-time: 00:57:29
PB (25m pool): 00:58.70 Eeklo 21/04/2025					PB (50m pool): 00:58.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.71		00:58.70	
	00:27.71		00:30.99		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 7 Athlete: LEROUX WOUT					Q-time: 00:59:69
PB (25m pool): 00:59.33 Gent 09/11/2025					PB (50m pool): 00:59.74 SB: 00:59.33 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.49		00:59.33	
	00:27.49		00:31.84		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 12:25
Heat: 4/7 Lane : 2 Athlete: VAN DER PLAS LOTTE					Q-time: 01:18:37
PB (25m pool): 01:20.31 Sinbad 12/01/2025					PB (50m pool): 01:18.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.43		01:20.31	
	00:35.43		00:44.88		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 12:25
Heat: 4/7 Lane : 5 Athlete: DEN BAES ELISE					Q-time: 01:17:18
PB (25m pool): 01:13.55 Diksmuide 19/11/2023					PB (50m pool): 01:14.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.55	
	no time				
					

Coach feedback:

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

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 12:27
Heat: 5/7 Lane : 2 Athlete: VAN HERPE MILLY					Q-time: 01:15:39
PB (25m pool): 01:15.39 Eeklo 21/04/2025			PB (50m pool): 01:16.94 SB: 01:17.33 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.82		01:15.39	
	00:33.82		00:41.57		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 12:28
Heat: 6/7 Lane : 4 Athlete: SCHRAM MILA					Q-time: 01:09:78
PB (25m pool): 01:09.78 Eeklo 21/04/2025			PB (50m pool): 01:10.59 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.71		01:09.78	
	00:32.71		00:37.07		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 12:28
Heat: 6/7 Lane : 5 Athlete: VINCK TINE					Q-time: 01:10:45
PB (25m pool): 01:10.03 Sint-Amandsberg 22/10/2023			PB (50m pool): 01:10.37 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.03	
	no time				
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 12:28
Heat: 6/7 Lane : 8 Athlete: BLANCQUAERT CAMILLE					Q-time: 01:12:72
PB (25m pool): 01:12.72 LAGO Zwevegem 09/06/2025			PB (50m pool): 01:16.25 SB: 01:16.86 T ROSCO 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.53		01:12.72	
	00:33.53		00:39.19		
					

Coach feedback:

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

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 12:30
Heat: 7/7 Lane : 5 Athlete: DE DECKER FEBE					Q-time: 01:05:12
PB (25m pool): 01:05.12 Aachen 12/10/2025					PB (50m pool): 01:06.34 SB: 01:05.12 Aachen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.64		01:05.12	
	00:30.64		00:34.48		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 12:30
Heat: 7/7 Lane : 8 Athlete: GOBERT LIES					Q-time: 01:09:53
PB (25m pool): 01:06.58 WAREGEM 10/04/2023					PB (50m pool): 01:07.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.58	
	no time				
					

Coach feedback: