

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:7, starttime: 09:19	
Heat: 7/14 Lane : 3 Athlete: VANHAVERE DAAN							Q-time: 02:18:16	
PB (25m pool): 02:18.16 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:27.81SB: 02:18.16 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		00:31.77		01:06.88		01:44.03		02:18.16
	00:31.77		00:35.11		00:37.15		00:34.13	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:21	
Heat: 8/14 Lane : 3 Athlete: VERHAGEN TOON							Q-time: 02:14:54	
PB (25m pool): 02:14.54 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:22.84SB: 02:14.54 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		00:31.87		01:06.79		01:41.78		02:14.54
	00:31.87		00:34.92		00:34.99		00:32.76	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:21	
Heat: 8/14 Lane : 4 Athlete: BEN AYAD NAOUFAL							Q-time: 02:13:47	
PB (25m pool): 02:13.47 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:17.67 SB: 02:13.47 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		00:30.97		01:05.13		01:40.37		02:13.47
	00:30.97		00:34.16		00:35.24		00:33.10	
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:9, starttime: 09:24	
Heat: 9/14 Lane : 3 Athlete: BOURDIAUDHY THIBAU							Q-time: 02:11:73	
PB (25m pool): 02:11.73 T ROSCO 12/10/2025				PB (50m pool): 02:18.84 SB: 02:11.73 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		00:30.69		01:04.30		01:38.51		02:11.73
	00:30.69		00:33.61		00:34.21		00:33.22	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:10, starttime: 09:27	
Heat: 10/14 Lane : 4 Athlete: VERHAGEN ROBBE							Q-time: 02:07:56	
PB (25m pool): 02:07.56 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:11.73 SB: 02:08.04 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		00:28.61		01:00.26		01:33.75		02:07.56
	00:28.61		00:31.65		00:33.49		00:33.81	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:10, starttime: 09:27	
Heat: 10/14 Lane : 6 Athlete: EL BOUHDIDI ISLAM							Q-time: 02:07:99	
PB (25m pool): 02:07.99 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:11.02 SB: 02:07.99 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		00:29.45		01:01.86		01:35.58		02:07.99
	00:29.45		00:32.41		00:33.72		00:32.41	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:13, starttime: 09:34	
Heat: 13/14 Lane : 5 Athlete: ORBAN OLIVIER							Q-time: 01:59:87	
PB (25m pool): 01:59.55 Sinbad 30/12/2023				PB (50m pool): 02:03.32 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		01:59.55
	no time							
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:13, starttime: 09:34	
Heat: 13/14 Lane : 7 Athlete: VAN DE GENDER WOUT							Q-time: 02:01:05	
PB (25m pool): 02:01.05 Sinbad 22/07/2025				PB (50m pool): 02:06.76 SB: 02:02.00 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		00:27.13		00:56.80		no time		02:01.05
	00:27.13		00:29.67					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:13, starttime: 09:34	
Heat: 13/14 Lane : 8 Athlete: VAN DE GENDER NILS							Q-time: 02:02:11	
PB (25m pool): 02:02.11 TEMSE 24/11/2024				PB (50m pool): 02:07.63 SB: 02:08.69 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		00:28.72		01:00.44		01:31.99		02:02.11
	00:28.72		00:31.72		00:31.55		00:30.12	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:14, starttime: 09:37	
Heat: 14/14 Lane : 3 Athlete: VAN REMOORTERE JASPER							Q-time: 01:53:82	
PB (25m pool): 01:53.82 TEMSE 24/11/2024				PB (50m pool): 01:56.38SB: 01:55.81 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		00:26.80		00:55.80		01:24.78		01:53.82
	00:26.80		00:29.00		00:28.98		00:29.04	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:14, starttime: 09:37	
Heat: 14/14 Lane : 6 Athlete: VAN HOEY BILLIET ALEXANDER							Q-time: 01:54:05	
PB (25m pool): 01:54.05 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:59.59SB: 01:54.05 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		00:25.70		00:54.15		01:23.85		01:54.05
	00:25.70		00:28.45		00:29.70		00:30.20	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 10:06	
Heat: 9/15 Lane : 5 Athlete: VAN DAELE JOSEFIEN							Q-time: 02:22:96	
PB (25m pool): 02:22.96 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:26.36 SB: 02:22.96 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		00:32.74		01:09.18		01:46.50		02:22.96
	00:32.74		00:36.44		00:37.32		00:36.46	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 10:06	
Heat: 9/15 Lane : 8 Athlete: DE SMET AMÉLIE							Q-time: 02:26:24	
PB (25m pool): 02:26.24 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:31.54 SB: 02:26.24 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		00:33.51		01:10.67		01:49.08		02:26.24
	00:33.51		00:37.16		00:38.41		00:37.16	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:11, starttime: 10:12	
Heat: 11/15 Lane : 6 Athlete: WULLAERT FIEN							Q-time: 02:19:45	
PB (25m pool): 02:19.45 T ROSCO 12/10/2025				PB (50m pool): 02:20.07 SB: 02:19.45 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		00:32.27		01:07.55		01:44.39		02:19.45
	00:32.27		00:35.28		00:36.84		00:35.06	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:14, starttime: 10:20	
Heat: 14/15 Lane : 5 Athlete: DELPORTE LOTTE							Q-time: 02:12:31	
PB (25m pool): 02:12.31 T ROSCO 12/10/2025				PB (50m pool): 02:16.34 SB: 02:12.31 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		00:33.15		01:05.80		01:39.34		02:12.31
	00:33.15		00:32.65		00:33.54		00:32.97	
								

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/6 Lane : 1 Athlete: VAN GOETHEM ARTHUR					Q-time: 01:16:88
PB (25m pool): 01:16.88 T ROSCO 12/10/2025					PB (50m pool): 01:21.63 SB: 01:16.88 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.16		01:16.88	
	00:36.16		00:40.72		
					

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:3, starttime: 10:58	
Heat: 3/3 Lane : 3 Athlete: WULLAERT LIESE							Q-time: 03:09:17	
PB (25m pool): 03:09.17 T ROSCO 12/10/2025				PB (50m pool): 03:15.09SB: 03:09.17 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		00:42.57		01:32.18		02:26.58		03:09.17
	00:42.57		00:49.61		00:54.40		00:42.59	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:15	
Heat: 4/8 Lane : 1 Athlete: BEN AYAD NAOUFAL							Q-time: 02:42:10	
PB (25m pool): 02:42.10 Sinbad 26/05/2024				PB (50m pool): 02:42.47 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		02:42.10
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 11:18	
Heat: 5/8 Lane : 1 Athlete: VERHAGEN TOON							Q-time: 02:36:50	
PB (25m pool): 02:36.50 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:48.26 SB: 02:36.50 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		00:37.09		01:16.38		01:56.16		02:36.50
	00:37.09		00:39.29		00:39.78		00:40.34	
								

Coach feedback:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 11:18	
Heat: 5/8 Lane : 7 Athlete: VAN GOETHEM ARTHUR							Q-time: 02:36:49	
PB (25m pool): 03:09.84 Ronse 17/03/2024				PB (50m pool): 02:36.49 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		no time		no time		no time		03:09.84
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 2 Athlete: EL BOUHDIDI ISLAM							Q-time: 02:29:41	
PB (25m pool): 02:29.41 Gent 23/02/2025				PB (50m pool): 02:34.23SB: 02:30.88 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		00:35.15		01:12.89		01:52.20		02:29.41
	00:35.15		00:37.74			00:39.31		00:37.21
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 11:25	
Heat: 7/8 Lane : 2 Athlete: VERHAGEN ROBBE							Q-time: 02:22:16	
PB (25m pool): 02:22.16 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:28.35 SB: 02:22.16 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		00:32.97		01:08.40		01:45.21		02:22.16
	00:32.97		00:35.43			00:36.81		00:36.95
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 11:25	
Heat: 7/8 Lane : 3 Athlete: VAN DE GENDER NILS							Q-time: 02:20:27	
PB (25m pool): 02:20.27 Gent 23/02/2025				PB (50m pool): 02:28.57 SB: 02:29.28 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		00:33.18		01:08.76		01:45.17		02:20.27
	00:33.18		00:35.58		00:36.41		00:35.10	
								

Coach feedback:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 11:28	
Heat: 8/8 Lane : 3 Athlete: VAN REMOORTERE JASPER							Q-time: 02:14:51	
PB (25m pool): 02:14.51 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:21.92 SB: 02:14.51 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		00:31.29		01:04.97		01:39.61		02:14.51
	00:31.29		00:33.68		00:34.64		00:34.90	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 11:28	
Heat: 8/8 Lane : 8 Athlete: VAN DE GENDER WOUT							Q-time: 02:17:21	
PB (25m pool): 02:17.21 T ROSCO 12/10/2025				PB (50m pool): 02:21.40SB: 02:17.21 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		00:31.97		01:05.82		01:41.58		02:17.21
	00:31.97		00:33.85		00:35.76		00:35.63	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 2 Athlete: WULLAERT FIEN							Q-time: 02:48:47	
PB (25m pool): 02:48.47 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:39.56 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		00:40.53		01:23.04		02:07.09		02:48.47
	00:40.53		00:42.51		00:44.05		00:41.38	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 11:55	
Heat: 7/9 Lane : 5 Athlete: DELPORTE LOTTE							Q-time: 02:32:35	
PB (25m pool): 02:32.35 Sinbad 29/12/2024				PB (50m pool): 02:35.77 SB: 02:32.51 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		00:36.56		01:15.25		no time		02:32.35
	00:36.56		00:38.69					
								

Coach feedback:

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

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 12:10
Heat: 3/7 Lane : 3 Athlete: BOURDIAUDHY THIBAU					Q-time: 01:18:42
PB (25m pool): 01:18.42 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		00:36.41		01:18.42	
	00:36.41		00:42.01		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 12:10
Heat: 3/7 Lane : 6 Athlete: VANHAVERE DAAN					Q-time: 01:19:16
PB (25m pool): 01:19.16 Sinbad 16/03/2025					PB (50m pool): 01:29.25 SB: 01:19.95 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.75		01:19.16	
	00:36.75		00:42.41		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 5 Athlete: VAN HOEY BILLIET ALEXANDER					Q-time: 00:56:48
PB (25m pool): 00:57.66 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 00:56.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.29		00:57.66	
	00:26.29		00:31.37		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 8 Athlete: ORBAN OLIVIER					Q-time: 01:00:72
PB (25m pool): 01:00.72 TEMSE 24/11/2024					PB (50m pool): 01:05.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.37		01:00.72	
	00:28.37		00:32.35		
					

Coach feedback:

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

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 12:25
Heat: 4/7 Lane : 3 Athlete: VAN DAELE JOSEFIEN					Q-time: 01:17:34
PB (25m pool): 01:17.34 T ROSCO 12/10/2025					PB (50m pool): no time SB: 01:17.34 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.44		01:17.34	
	00:36.44		00:40.90		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 12:27
Heat: 5/7 Lane : 8 Athlete: DE SMET AMÉLIE					Q-time: 01:15:91
PB (25m pool): 01:15.91 Sinbad 22/07/2025					PB (50m pool): 01:15.97 SB: 01:18.26 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.69		01:15.91	
	00:34.69		00:41.22		
					

Coach feedback: