

ALGT Swim CUP 25: Session: 2: COACH evaluation sheet for TEAM: STA

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 Relay line-up input: The listed starttimes are indicative!

Coaches: Vervynckt Nathalie HEADCOACH

Coaches: Vlamijnck Robin

Coaches: Claeys Arthur

PB => Personal Best time

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

Event number: 11: 100M FREESTYLE MEN 11+					Heat:2, starttime: 14:02
Heat: 2/15 Lane : 1 Athlete: VAN DOORNE ARNO					Q-time: 01:25:00
PB (25m pool): 01:22.05 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:22.05 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.69		01:22.05	
	00:38.69		00:43.36		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/15 Lane : 1 Athlete: DE SMET KOBE					Q-time: 01:08:38
PB (25m pool): 01:06.91 Liedekerke 11/11/2025					PB (50m pool): 01:08.38 SB: 01:06.91 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.19		01:06.91	
	00:32.19		00:34.72		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/15 Lane : 4 Athlete: DE BRUYNE BRIEK					Q-time: 01:03:81
PB (25m pool): 01:03.81 T ROSCO 12/10/2025					PB (50m pool): 01:08.57 SB: 01:03.81 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.81	
	no time				
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/15 Lane : 6 Athlete: DEGRANDE VIC					Q-time: 01:05:27
PB (25m pool): 01:05.27 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.44 SB: 01:05.27 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.36		01:05.27	
	00:31.36		00:33.91		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:25
Heat: 2/14 Lane : 2 Athlete: DEGRANDE NORE					Q-time: 01:27:64
PB (25m pool): 01:25.50 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:25.50 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.54		01:25.50	
	00:40.54		00:44.96		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:27
Heat: 3/14 Lane : 3 Athlete: DE MUER ANNA					Q-time: 01:18:62
PB (25m pool): 01:18.62 Sint-Amandsberg 19/10/2025					PB (50m pool): no time SB: 01:18.62 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.73		01:18.62	
	00:36.73		00:41.89		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:27
Heat: 3/14 Lane : 5 Athlete: BERKEIN FRANCESCA					Q-time: 01:18:26
PB (25m pool): 01:14.59 Liedekerke 11/11/2025					PB (50m pool): 01:22.55 SB: 01:14.59 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.17		01:14.59	
	00:36.17		00:38.42		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:29
Heat: 4/14 Lane : 1 Athlete: DE MULDER MAÏTHÉ					Q-time: 01:16:30
PB (25m pool): 01:15.87 Liedekerke 11/11/2025					PB (50m pool): 01:24.99 SB: 01:15.87 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.62		01:15.87	
	00:36.62		00:39.25		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:31
Heat: 5/14 Lane : 8 Athlete: DE WULF ALEXINE					Q-time: 01:13:37
PB (25m pool): 01:14.04 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:13.37 SB: 01:14.04 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.00		01:14.04	
	00:36.00		00:38.04		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:35
Heat: 8/14 Lane : 3 Athlete: BERKEIN ALESSIA					Q-time: 01:07:31
PB (25m pool): 01:06.22 Liedekerke 11/11/2025					PB (50m pool): 01:07.31 SB: 01:06.22 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.25		01:06.22	
	00:32.25		00:33.97		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:37
Heat: 9/14 Lane : 8 Athlete: BUYLE GEIKE					Q-time: 01:06:89
PB (25m pool): 01:05.68 Liedekerke 11/11/2025					PB (50m pool): 01:09.70 SB: 01:05.68 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.54		01:05.68	
	00:31.54		00:34.14		
					

Coach feedback:

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Event number: 15: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 15:09
Heat: 3/4 Lane : 3 Athlete: DE VUSSER LAURE					Q-time: 01:26:80
PB (25m pool): 01:20.28 Liedekerke 11/11/2025					PB (50m pool): 01:26.80 SB: 01:20.28 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.85		01:20.28	
	00:38.85		00:41.43		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 15:09
Heat: 3/4 Lane : 5 Athlete: DE SMET LORE					Q-time: 01:25:93
PB (25m pool): 01:23.14 Liedekerke 11/11/2025					PB (50m pool): 01:25.93 SB: 01:23.14 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.09		01:23.14	
	00:40.09		00:43.05		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MIXED 10-9					Heat:4, starttime: 15:11
Heat: 4/4 Lane : 8 Athlete: VAN DE STEENE LORE					Q-time: 01:24:92
PB (25m pool): 01:19.20 Liedekerke 11/11/2025					PB (50m pool): 01:24.92 SB: 01:19.20 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.33		01:19.20	
	00:38.33		00:40.87		
					

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:48	
Heat: 2/7 Lane : 4 Athlete: DE MULDER MAÏTHÉ							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:

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Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:6, starttime: 16:05	
Heat: 6/7 Lane : 5 Athlete: BERKEIN ALESSIA							Q-time: 02:55:81	
PB (25m pool): 02:55.81 T ROSCO 12/10/2025				PB (50m pool): 03:05.02 SB: 02:55.81 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		00:40.13		01:25.62		02:11.20		02:55.81
	00:40.13		00:45.49		00:45.58		00:44.61	
								

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 16:12			
Heat: 1/8 Lane : 5 Athlete: VAN DOORNE ARNO							Q-time: 01:33:34			
PB (25m pool): 01:33.34 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 01:33.34 Sint-Amandsberg 19/10/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:45.31				01:33.34			
	00:45.31				00:48.03					
										

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 16:17	
Heat: 3/8 Lane : 4 Athlete: DE BRUYNE BRIEK							Q-time: 01:14:40	
PB (25m pool): 01:14.40 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:17.94 SB: 01:14.40 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.40		01:14.40				
	00:36.40		00:38.00					
								

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 16:17	
Heat: 3/8 Lane : 6 Athlete: DE SMET KOBE							Q-time: 01:17:24	
PB (25m pool): 01:17.24 T ROSCO 12/10/2025				PB (50m pool): 01:20.25 SB: 01:17.24 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.79		01:17.24				
	00:37.79		00:39.45					
								

Coach feedback:

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Event number: 18: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:19
Heat: 4/8 Lane : 7 Athlete: DEGRANDE VIC					Q-time: 01:13:69
PB (25m pool): 01:13.69 TEMSE 30/03/2025					PB (50m pool): 01:17.31 SB: 01:14.73 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.38		01:13.69	
	00:35.38		00:38.31		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:29
Heat: 1/11 Lane : 2 Athlete: DEGRANDE NORE					Q-time: 01:42:61
PB (25m pool): 01:42.61 TEMSE 30/03/2025					PB (50m pool): 01:53.04 SB: 01:47.93 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.38		01:42.61	
	00:50.38		00:52.23		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:32
Heat: 2/11 Lane : 5 Athlete: DE WULF ALEXINE					Q-time: 01:26:78
PB (25m pool): 01:26.99 Eeklo 21/04/2025					PB (50m pool): 01:26.78 SB: 01:27.23 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.95		01:26.99	
	00:42.95		00:44.04		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:32
Heat: 2/11 Lane : 7 Athlete: BERKEIN FRANCESCA					Q-time: 01:31:88
PB (25m pool): 01:31.88 Sint-Amandsberg 19/10/2025					PB (50m pool): no time SB: 01:31.88 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.99		01:31.88	
	00:44.99		00:46.89		
					

Coach feedback:

ALGT Swim CUP 25: Session: 2: COACH evaluation sheet for TEAM: STA

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:32
Heat: 2/11 Lane : 8 Athlete: DE MUER ANNA					Q-time: 01:34:49
PB (25m pool): 01:34.49 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:38.22 SB: 01:34.49 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.54		01:34.49	
	00:46.54		00:47.95		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 16:45
Heat: 8/11 Lane : 3 Athlete: BUYLE GEIKE					Q-time: 01:11:78
PB (25m pool): 01:11.78 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:16.46 SB: 01:11.78 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.30		01:11.78	
	00:35.30		00:36.48		
					

Coach feedback: