

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 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: 11: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/15 Lane : 3 Athlete: VANHAVERE DAAN					Q-time: 01:03:01
PB (25m pool): 01:03.01 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:09.81 SB: 01:03.01 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.57		01:03.01	
	00:30.57		00:32.44		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:12
Heat: 8/15 Lane : 2 Athlete: VERHAGEN TOON					Q-time: 01:01:62
PB (25m pool): 01:01.62 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:01.94 SB: 01:01.62 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.05		01:01.62	
	00:30.05		00:31.57		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:12
Heat: 8/15 Lane : 4 Athlete: VAN GOETHEM ARTHUR					Q-time: 01:00:82
PB (25m pool): 01:00.82 Sinbad 22/07/2025 PB (50m pool): 01:05.45 SB: 01:01.97 T ROSCO 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.07		01:00.82	
	00:29.07		00:31.75		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/15 Lane : 3 Athlete: BEN AYAD NAOUFAL					Q-time: 00:59:70
PB (25m pool): 00:59.70 Sinbad 16/03/2025					PB (50m pool): 01:02.27 SB: 01:00.50 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.96		00:59.70	
	00:28.96		00:30.74		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/15 Lane : 8 Athlete: BOURDIAUDHY THIBAU					Q-time: 01:00:66
PB (25m pool): 01:00.66 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:04.22 SB: 01:00.66 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.61		01:00.66	
	00:29.61		00:31.05		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:11, starttime: 14:16
Heat: 11/15 Lane : 1 Athlete: VERHAGEN ROBBE					Q-time: 00:58:25
PB (25m pool): 00:58.25 T ROSCO 12/10/2025					PB (50m pool): 01:00.35 SB: 00:58.25 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.02		00:58.25	
	00:28.02		00:30.23		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:11, starttime: 14:16
Heat: 11/15 Lane : 7 Athlete: EL BOUHDIDI ISLAM					Q-time: 00:58:23
PB (25m pool): 00:58.23 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:59.53 SB: 00:58.23 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.24		00:58.23	
	00:28.24		00:29.99		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:13, starttime: 14:19
Heat: 13/15 Lane : 2 Athlete: VAN DE GENDER NILS					Q-time: 00:56:10
PB (25m pool): 00:56.10 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:58.00 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.87		00:56.10	
	00:26.87		00:29.23		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:14, starttime: 14:20
Heat: 14/15 Lane : 1 Athlete: ORBAN OLIVIER					Q-time: 00:54:94
PB (25m pool): 00:54.82 Temse 27/11/2022 PB (50m pool): 00:56.35 SB: 00:56.58 T ROSCO 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:54.82	
	no time				
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:14, starttime: 14:20
Heat: 14/15 Lane : 4 Athlete: VAN REMOORTERE JASPER					Q-time: 00:53:29
PB (25m pool): 00:53.29 TEMSE 18/05/2025 PB (50m pool): 00:54.23 SB: 00:53.43 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.72		00:53.29	
	00:25.72		00:27.57		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:14, starttime: 14:20
Heat: 14/15 Lane : 8 Athlete: VAN DE GENDER WOUT					Q-time: 00:55:03
PB (25m pool): 00:55.03 T ROSCO 12/10/2025 PB (50m pool): 00:56.84 SB: 00:55.03 T ROSCO 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.90		00:55.03	
	00:26.90		00:28.13		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:15, starttime: 14:21
Heat: 15/15 Lane : 6 Athlete: VAN HOEY BILLIET ALEXANDER					Q-time: 00:52:01
PB (25m pool): 00:52.01 Temse 22/12/2024					PB (50m pool): 00:53.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.49		00:52.01	
	00:24.49		00:27.52		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:35
Heat: 8/14 Lane : 6 Athlete: DE SMET AMÉLIE					Q-time: 01:07:43
PB (25m pool): 01:07.43 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.38 SB: 01:07.43 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.55		01:07.43	
	00:32.55		00:34.88		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:37
Heat: 9/14 Lane : 2 Athlete: VAN DAELE JOSEFIEN					Q-time: 01:06:23
PB (25m pool): 01:06.23 T ROSCO 12/10/2025					PB (50m pool): 01:07.33 SB: 01:06.23 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.25		01:06.23	
	00:32.25		00:33.98		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:42
Heat: 12/14 Lane : 3 Athlete: WULLAERT FIEN					Q-time: 01:02:17
PB (25m pool): 01:02.17 T ROSCO 12/10/2025					PB (50m pool): 01:03.17 SB: 01:02.17 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.20		01:02.17	
	00:30.20		00:31.97		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:43
Heat: 13/14 Lane : 8 Athlete: DELPORTE LOTTE					Q-time: 01:01:74
PB (25m pool): 01:01.74 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:04.32 SB: 01:01.87 T ROSCO 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.95		01:01.74	
	00:29.95		00:31.79		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MIXED 10-9					Heat:4, starttime: 15:11
Heat: 4/4 Lane : 6 Athlete: WULLAERT LIESE					Q-time: 01:19:39
PB (25m pool): 01:19.39 Lokeren 05/04/2025 PB (50m pool): 01:20.12 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.12		01:19.39	
	00:38.12		00:41.27		
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:22			
Heat: 3/8 Lane : 2 Athlete: VANHAVERE DAAN					Q-time: 03:30:51			
PB (25m pool): 03:30.51 Zottegem 09/03/2025 PB (50m pool): 03:34.36 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		00:45.73		01:41.06		no time		03:30.51
	00:45.73		00:55.33					
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:5, starttime: 15:30			
Heat: 5/8 Lane : 3 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:52:13			
PB (25m pool): 02:52.13 Sint-Amandsberg 19/10/2025 PB (50m pool): 02:57.89 SB: 02:52.13 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		00:37.87		01:21.58		02:06.67		02:52.13
	00:37.87		00:43.71		00:45.09		00:45.46	
								

Coach feedback:

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Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:6, starttime: 15:33	
Heat: 6/8 Lane : 6 Athlete: VAN GOETHEM ARTHUR							Q-time: 02:47:15	
PB (25m pool): 02:47.15 T ROSCO 12/10/2025				PB (50m pool): 03:09.62 SB: 02:47.15 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		00:37.45		01:20.33		02:04.16		02:47.15
	00:37.45		00:42.88		00:43.83		00:42.99	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:8, starttime: 15:40	
Heat: 8/8 Lane : 2 Athlete: VAN HOEY BILLIET ALEXANDER							Q-time: 02:27:12	
PB (25m pool): 02:27.12 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:33.20SB: 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		00:32.54		01:09.87		01:48.31		02:27.12
	00:32.54		00:37.33		00:38.44		00:38.81	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:8, starttime: 15:40	
Heat: 8/8 Lane : 4 Athlete: ORBAN OLIVIER							Q-time: 02:14:92	
PB (25m pool): 02:14.92 Temse 22/12/2024				PB (50m pool): 02:22.70 SB: 02:20.09 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		00:30.61		01:03.97		01:38.69		02:14.92
	00:30.61		00:33.36		00:34.72		00:36.23	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:57	
Heat: 4/7 Lane : 2 Athlete: DE SMET AMÉLIE							Q-time: 03:37:42	
PB (25m pool): 03:37.42 3500 Hasselt 28/04/2024				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		no time		no time		03:37.42
	no time							
								

Coach feedback:

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Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:57	
Heat: 4/7 Lane : 5 Athlete: VAN DAELE JOSEFIEN							Q-time: 03:20:38	
PB (25m pool): 03:20.38 Zottegem 09/03/2025							PB (50m pool): 03:22.94 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		00:46.14		01:36.54		no time		03:20.38
	00:46.14		00:50.40					
								

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+							Heat:4, starttime: 16:19			
Heat: 4/8 Lane : 1 Athlete: VERHAGEN TOON							Q-time: 01:13:70			
PB (25m pool): 01:13.70 Sint-Amandsberg 19/10/2025							PB (50m pool): 01:21.08 SB: 01:13.70 Sint-Amandsberg 19/10/2025			
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:36.67				01:13.70			
	00:36.67				00:37.03					
										

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+							Heat:5, starttime: 16:21	
Heat: 5/8 Lane : 2 Athlete: BEN AYAD NAOUFAL							Q-time: 01:11:82	
PB (25m pool): 01:11.82 Gent 23/02/2025							PB (50m pool): 01:16.13 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.02		01:11.82				
	00:36.02		00:35.80					
								

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+							Heat:5, starttime: 16:21		
Heat: 5/8 Lane : 6 Athlete: EL BOUHDIDI ISLAM							Q-time: 01:11:49		
PB (25m pool): 01:11.49 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 01:11.84 SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			no time				01:11.49		
	no time								
									

Coach feedback:

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Event number: 18: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:23
Heat: 6/8 Lane : 7 Athlete: VERHAGEN ROBBE					Q-time: 01:06:87
PB (25m pool): 01:06.87 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.65 SB: 01:06.87 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.89		01:06.87	
	00:32.89		00:33.98		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:25
Heat: 7/8 Lane : 5 Athlete: VAN DE GENDER WOUT					Q-time: 01:02:26
PB (25m pool): 01:02.04 Gent 09/11/2025					PB (50m pool): 01:05.92 SB: 01:02.04 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.13		01:02.04	
	00:30.13		00:31.91		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:25
Heat: 7/8 Lane : 6 Athlete: VAN REMOORTERE JASPER					Q-time: 01:02:87
PB (25m pool): 01:02.87 TEMSE 24/11/2024					PB (50m pool): 01:05.46 SB: 01:05.57 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.19		01:02.87	
	00:30.19		00:32.68		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:25
Heat: 7/8 Lane : 8 Athlete: VAN DE GENDER NILS					Q-time: 01:04:85
PB (25m pool): 01:04.85 TEMSE 24/11/2024					PB (50m pool): 01:08.03 SB: 01:08.02 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.89		01:04.85	
	00:31.89		00:32.96		
					

Coach feedback:

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Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:41
Heat: 6/11 Lane : 6 Athlete: WULLAERT FIEN					Q-time: 01:14:66
PB (25m pool): 01:14.66 TEMSE 18/05/2025					PB (50m pool): 01:17.64 SB: 01:17.26 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.26		01:14.66	
	00:37.26		00:37.40		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 16:47
Heat: 9/11 Lane : 7 Athlete: DELPORTE LOTTE					Q-time: 01:10:71
PB (25m pool): 01:10.71 TEMSE 18/05/2025					PB (50m pool): 01:13.35 SB: 01:12.43 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:10.71	
	00:34.00		00:36.71		
					

Coach feedback: