

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

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

Coaches: Dillen Toon

Coaches: De Ridder Fedor

Coaches: Vervloesem Anke HEADCOACH

Coaches: Vereecken Sven

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

Event number: 11: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:00
Heat: 1/15 Lane : 3 Athlete: LIEVENS RUBE					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:2, starttime: 14:02
Heat: 2/15 Lane : 3 Athlete: RAMSDONCK KRIS					Q-time: 01:20:70
PB (25m pool): 01:20.70 Antwerpen 12/10/2025			PB (50m pool): 01:21.69SB: 01:20.70 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.79		01:20.70	
	00:37.79		00:42.91		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:3, starttime: 14:04
Heat: 3/15 Lane : 5 Athlete: STERCKX DAAN					Q-time: 01:10:98
PB (25m pool): 01:10.98 Antwerpen 12/10/2025			PB (50m pool): 01:11.55SB: 01:10.98 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.64		01:10.98	
	00:34.64		00:36.34		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/15 Lane : 1 Athlete: MAES MATHIJS					Q-time: 01:10:83
PB (25m pool): 01:10.83 Antwerpen 12/10/2025					PB (50m pool): 01:10.76 SB: 01:10.83 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.77		01:10.83	
	00:33.77		00:37.06		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/15 Lane : 3 Athlete: NEYRINCK RUBEN					Q-time: 01:09:11
PB (25m pool): 01:09.11 Antwerpen 12/10/2025					PB (50m pool): 01:13.10 SB: 01:09.11 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.89		01:09.11	
	00:33.89		00:35.22		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:12
Heat: 8/15 Lane : 1 Athlete: DILLEN FINN					Q-time: 01:02:33
PB (25m pool): 01:02.33 TEMSE 24/11/2024					PB (50m pool): 01:02.65 SB: 01:04.65 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.27		01:02.33	
	00:30.27		00:32.06		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:10, starttime: 14:14
Heat: 10/15 Lane : 3 Athlete: HUFKENS ILIAN					Q-time: 00:58:60
PB (25m pool): 00:58.60 Sinbad 22/07/2025					PB (50m pool): 00:59.28 SB: 00:59.61 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.03		00:58.60	
	00:28.03		00:30.57		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/15 Lane : 2 Athlete: HUFKENS IBEN					Q-time: 00:56:94
PB (25m pool): 00:56.94 Antwerpen 12/10/2025					PB (50m pool): 00:58.53 SB: 00:56.94 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.53		00:56.94	
	00:27.53		00:29.41		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/15 Lane : 7 Athlete: ZRIRAK WAEL					Q-time: 00:57:13
PB (25m pool): 00:57.13 Antwerpen 12/10/2025					PB (50m pool): 00:59.96 SB: 00:57.13 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.56		00:57.13	
	00:27.56		00:29.57		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/15 Lane : 8 Athlete: BEGUE MILANN					Q-time: 00:57:50
PB (25m pool): 00:57.50 Antwerpen 12/10/2025					PB (50m pool): 00:57.70 SB: 00:57.50 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.89		00:57.50	
	00:27.89		00:29.61		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:13, starttime: 14:19
Heat: 13/15 Lane : 4 Athlete: HAESENDONCKX JARNE					Q-time: 00:55:18
PB (25m pool): 00:55.18 Antwerpen 12/10/2025					PB (50m pool): 00:55.56 SB: 00:55.18 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.67		00:55.18	
	00:26.67		00:28.51		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:15, starttime: 14:21
Heat: 15/15 Lane : 7 Athlete: VAN BALLAER VIKTOR					Q-time: 00:52:36
PB (25m pool): 00:52.14 Gent 09/11/2025					PB (50m pool): 00:54.75 SB: 00:52.14 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.10		00:52.14	
	00:25.10		00:27.04		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:15, starttime: 14:21
Heat: 15/15 Lane : 8 Athlete: MICHOEL QUINTEN					Q-time: 00:53:23
PB (25m pool): 00:53.23 Antwerpen 12/10/2025					PB (50m pool): 00:54.45 SB: 00:53.23 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.47		00:53.23	
	00:25.47		00:27.76		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:23
Heat: 1/14 Lane : 3 Athlete: VAN DE WEYER FOUKE					Q-time: 01:37:05
PB (25m pool): 01:37.05 Pelt 05/10/2025					PB (50m pool): no time SB: 01:37.05 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.65		01:37.05	
	00:47.65		00:49.40		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:25
Heat: 2/14 Lane : 5 Athlete: NIEUWENHUIS ZOë					Q-time: 01:22:23
PB (25m pool): 01:22.23 Pelt 05/10/2025					PB (50m pool): no time SB: 01:22.23 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.61		01:22.23	
	00:39.61		00:42.62		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:27
Heat: 3/14 Lane : 1 Athlete: HUFKENS ELINA					Q-time: 01:20:38
PB (25m pool): 01:20.38 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:22.40 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.81		01:20.38	
	00:38.81		00:41.57		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:27
Heat: 3/14 Lane : 7 Athlete: DJONOU IMBA ITZANA					Q-time: 01:20:21
PB (25m pool): 01:20.21 Pelt 05/10/2025 PB (50m pool): no time SB: 01:20.21 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.14		01:20.21	
	00:38.14		00:42.07		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:29
Heat: 4/14 Lane : 3 Athlete: WOUTERS DORA					Q-time: 01:15:38
PB (25m pool): 01:15.38 Antwerpen 12/10/2025 PB (50m pool): 01:18.75 SB: 01:15.38 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.02		01:15.38	
	00:36.02		00:39.36		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:29
Heat: 4/14 Lane : 8 Athlete: MOERKENS FIEN					Q-time: 01:16:56
PB (25m pool): 01:16.56 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:14.69 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.16		01:16.56	
	00:37.16		00:39.40		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:31
Heat: 5/14 Lane : 4 Athlete: VAN ASTEN RENéE					Q-time: 01:12:33
PB (25m pool): 01:12.33 Antwerpen 12/10/2025					PB (50m pool): 01:19.70 SB: 01:12.33 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.27		01:12.33	
	00:35.27		00:37.06		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:31
Heat: 5/14 Lane : 5 Athlete: DE RIDDER ROXANE					Q-time: 01:12:41
PB (25m pool): 01:12.41 Antwerpen 12/10/2025					PB (50m pool): 01:14.61 SB: 01:12.41 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.13		01:12.41	
	00:34.13		00:38.28		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:34
Heat: 7/14 Lane : 2 Athlete: BOOGERS NOOR					Q-time: 01:08:90
PB (25m pool): 01:08.90 Antwerpen 12/10/2025					PB (50m pool): 01:10.77 SB: 01:08.90 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.90	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:34
Heat: 7/14 Lane : 7 Athlete: LEYSEN IMKE					Q-time: 01:08:90
PB (25m pool): 01:08.90 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:09.34 SB: 01:09.86 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.70		01:08.90	
	00:33.70		00:35.20		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:37
Heat: 9/14 Lane : 1 Athlete: COOLS YELENA					Q-time: 01:06:82
PB (25m pool): 01:06.82 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:09.52 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.22		01:06.82	
	00:32.22		00:34.60		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:37
Heat: 9/14 Lane : 4 Athlete: COESEMANS AMILIA					Q-time: 01:04:94
PB (25m pool): 01:04.94 Antwerpen 12/10/2025 PB (50m pool): 01:07.82 SB: 01:04.94 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.63		01:04.94	
	00:30.63		00:34.31		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:37
Heat: 9/14 Lane : 6 Athlete: BRAEKEN CHARLOTTE					Q-time: 01:06:19
PB (25m pool): 01:06.19 Sinbad 22/07/2025 PB (50m pool): 01:09.58 SB: 01:10.19 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.15		01:06.19	
	00:32.15		00:34.04		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:39
Heat: 10/14 Lane : 1 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 01:04:64
PB (25m pool): 01:04.64 Antwerpen 12/10/2025 PB (50m pool): 01:05.68 SB: 01:04.64 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.52		01:04.64	
	00:31.52		00:33.12		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:39
Heat: 10/14 Lane : 7 Athlete: MAES JULIE					Q-time: 01:04:58
PB (25m pool): 01:04.58 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:06.77 SB: 01:06.28 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.26		01:04.58	
	00:31.26		00:33.32		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:40
Heat: 11/14 Lane : 2 Athlete: DILLEN NORAH					Q-time: 01:03:62
PB (25m pool): 01:02.84 Temse 26/11/2023 PB (50m pool): 01:04.04 SB: 01:05.57 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.84	
	no time				
					

Coach feedback:

Event number: 13: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:50	
Heat: 2/2 Lane : 3 Athlete: MICHOEL QUINTEN							Q-time: 02:15:69	
PB (25m pool): 02:15.69 Antwerpen 12/10/2025							PB (50m pool): 02:23.66 SB: 02:15.69 Antwerpen 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		00:29.11		01:03.13		01:39.67		02:15.69
	00:29.11		00:34.02		00:36.54		00:36.02	
								

Coach feedback:

Event number: 14: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 14:57	
Heat: 2/3 Lane : 1 Athlete: VAN TILBURG FRAUKE							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: 16: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:13	
Heat: 1/8 Lane : 5 Athlete: GILLES NATHAN							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:

Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 15:26	
Heat: 4/8 Lane : 2 Athlete: MAES MATHIJS							Q-time: 03:06:70	
PB (25m pool): 03:06.70 Antwerpen 12/10/2025			PB (50m pool): 03:11.53 SB: 03:06.70 Antwerpen 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		00:43.39		01:31.31		02:19.65		03:06.70
	00:43.39		00:47.92		00:48.34		00:47.05	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:6, starttime: 15:33	
Heat: 6/8 Lane : 1 Athlete: DILLEN FINN							Q-time: 02:48:40	
PB (25m pool): 02:48.40 TEMSE 24/11/2024			PB (50m pool): 02:46.37 SB: 02:50.61 Antwerpen 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		00:38.02		01:21.04		02:04.79		02:48.40
	00:38.02		00:43.02		00:43.75		00:43.61	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:7, starttime: 15:37	
Heat: 7/8 Lane : 8 Athlete: HUFKENS ILIAN							Q-time: 02:44:89	
PB (25m pool): 02:54.34 Aarschot 28/04/2024			PB (50m pool): 02:44.89SB: 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		02:54.34
	no time							
								

Coach feedback:

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Event number: 16: 200M BREASTSTROKE MEN 11+							Heat:8, starttime: 15:40	
Heat: 8/8 Lane : 6 Athlete: VAN BALLAER VIKTOR							Q-time: 02:26:88	
PB (25m pool): 02:26.18 Gent 09/11/2025				PB (50m pool): 02:35.34SB: 02:26.18 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		00:32.44		01:09.78		01:47.84		02:26.18
	00:32.44		00:37.34		00:38.06		00:38.34	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:48	
Heat: 2/7 Lane : 2 Athlete: NIEUWENHUIS ZOë							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:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:48	
Heat: 2/7 Lane : 5 Athlete: DJONOU IMBA ITZANA							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:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:52	
Heat: 3/7 Lane : 6 Athlete: WOUTERS DORA							Q-time: 04:00:55	
PB (25m pool): 04:29.89 Mol 15/10/2023				PB (50m pool): 04:00.55SB: 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		04:29.89
	no time							
								

Coach feedback:

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Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:57	
Heat: 4/7 Lane : 6 Athlete: MOERKENS FIEN							Q-time: 03:36:16	
PB (25m pool): no time			PB (50m pool): 03:36.16 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:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 16:01	
Heat: 5/7 Lane : 2 Athlete: LEYSEN IMKE							Q-time: 03:12:51	
PB (25m pool): 03:12.51 TEMSE 24/11/2024				PB (50m pool): 03:21.80 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		00:44.09		01:33.42		02:23.12		03:12.51
	00:44.09		00:49.33		00:49.70		00:49.39	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 16:01	
Heat: 5/7 Lane : 6 Athlete: COOLS YELENA							Q-time: 03:10:77	
PB (25m pool): 03:10.77 Antwerpen 12/10/2025				PB (50m pool): 03:18.94 SB: 03:10.77 Antwerpen 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		00:42.76		01:30.60		02:21.40		03:10.77
	00:42.76		00:47.84		00:50.80		00:49.37	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:7, starttime: 16:08	
Heat: 7/7 Lane : 3 Athlete: DILLEN NORAH							Q-time: 02:42:71	
PB (25m pool): 02:42.50 Gent 09/11/2025				PB (50m pool): 02:44.74 SB: 02:42.50 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		00:37.11		01:17.92		02:00.30		02:42.50
	00:37.11		00:40.81		00:42.38		00:42.20	
								

Coach feedback:

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Event number: 18: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:12
Heat: 1/8 Lane : 3 Athlete: GILLES NATHAN					Q-time: 01:34:01
PB (25m pool): no time			PB (50m pool): 01:34.01 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: 18: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/8 Lane : 1 Athlete: LIEVENS RUBE					Q-time: 01:28:06
PB (25m pool): 01:28.06 Pelt 05/10/2025			PB (50m pool): no time SB: 01:28.06 Pelt 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.78		01:28.06	
	00:41.78 00:46.28				
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/8 Lane : 2 Athlete: RAMSDONCK KRIS					Q-time: 01:27:15
PB (25m pool): 01:27.15 Pelt 05/10/2025			PB (50m pool): 01:36.19 SB: 01:27.15 Pelt 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.50		01:27.15	
	00:42.50 00:44.65				
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/8 Lane : 4 Athlete: STERCKX DAAN					Q-time: 01:20:58
PB (25m pool): 01:20.58 Antwerpen 12/10/2025			PB (50m pool): 01:21.52 SB: 01:20.58 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.87		01:20.58	
	00:39.87 00:40.71				
					

Coach feedback:

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

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:17
Heat: 3/8 Lane : 1 Athlete: NEYRINCK RUBEN					Q-time: 01:19:17
PB (25m pool): 01:19.17 Antwerpen 12/10/2025					PB (50m pool): 01:25.77 SB: 01:19.17 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.17	
	no time				
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:21
Heat: 5/8 Lane : 4 Athlete: BEGUE MILANN					Q-time: 01:09:05
PB (25m pool): 01:09.05 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:12.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.78		01:09.05	
	00:33.78 00:35.27				
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:23
Heat: 6/8 Lane : 2 Athlete: ZRIRAK WAELE					Q-time: 01:06:45
PB (25m pool): 01:06.45 Pelt 05/10/2025					PB (50m pool): 01:10.48 SB: 01:06.45 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.95		01:06.45	
	00:31.95 00:34.50				
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:25
Heat: 7/8 Lane : 2 Athlete: HUFKENS IBEN					Q-time: 01:03:17
PB (25m pool): 01:03.17 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:06.09 SB: 01:04.78 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.66		01:03.17	
	00:30.66 00:32.51				
					

Coach feedback:

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

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 16:27
Heat: 8/8 Lane : 8 Athlete: HAESENDONCKX JARNE					Q-time: 01:01:33
PB (25m pool): 01:01.33 Gent 09/11/2025					PB (50m pool): 01:04.19 SB: 01:01.33 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.54		01:01.33	
	00:29.54		00:31.79		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:29
Heat: 1/11 Lane : 7 Athlete: VAN DE WEYER FOUKE					Q-time: 01:50:25
PB (25m pool): 01:50.25 Pelt 05/10/2025					PB (50m pool): no time SB: 01:50.25 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.85		01:50.25	
	00:52.85		00:57.40		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:32
Heat: 2/11 Lane : 3 Athlete: HUFKENS ELINA					Q-time: 01:29:02
PB (25m pool): 01:29.02 Pelt 05/10/2025					PB (50m pool): 01:36.61 SB: 01:29.02 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.78		01:29.02	
	00:43.78		00:45.24		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:34
Heat: 3/11 Lane : 5 Athlete: COESEMANS AMILIA					Q-time: 01:22:77
PB (25m pool): no time					PB (50m pool): 01:22.77 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:

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

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:34
Heat: 3/11 Lane : 7 Athlete: VAN ASTEN RENéE					Q-time: 01:25:34
PB (25m pool): 01:25.34 Antwerpen 12/10/2025					PB (50m pool): 01:30.08 SB: 01:25.34 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.34	
	no time				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:36
Heat: 4/11 Lane : 8 Athlete: DE RIDDER ROXANE					Q-time: 01:22:40
PB (25m pool): 01:22.40 Antwerpen 12/10/2025					PB (50m pool): 01:28.78 SB: 01:22.40 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.46		01:22.40	
	00:39.46 00:42.94				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:41
Heat: 6/11 Lane : 1 Athlete: VAN TILBURG FRAUKE					Q-time: 01:14:96
PB (25m pool): 01:14.96 Antwerpen 12/10/2025					PB (50m pool): 01:21.41 SB: 01:14.96 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.92		01:14.96	
	00:35.92 00:39.04				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:41
Heat: 6/11 Lane : 7 Athlete: BOOGERS NOOR					Q-time: 01:14:74
PB (25m pool): 01:14.74 Antwerpen 12/10/2025					PB (50m pool): 01:21.06 SB: 01:14.74 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.29		01:14.74	
	00:36.29 00:38.45				
					

Coach feedback:

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

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:41
Heat: 6/11 Lane : 8 Athlete: BRAEKEN CHARLOTTE					Q-time: 01:15:22
PB (25m pool): 01:15.22 Pelt 05/10/2025					PB (50m pool): 01:19.85 SB: 01:15.22 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.03		01:15.22	
	00:36.03		00:39.19		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:43
Heat: 7/11 Lane : 1 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 01:14:18
PB (25m pool): 01:14.18 Antwerpen 12/10/2025					PB (50m pool): 01:18.53 SB: 01:14.18 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.27		01:14.18	
	00:36.27		00:37.91		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:43
Heat: 7/11 Lane : 5 Athlete: MAES JULIE					Q-time: 01:12:87
PB (25m pool): 01:12.87 Aarschot 28/07/2025					PB (50m pool): 01:13.95 SB: 01:13.55 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.98		01:12.87	
	00:34.98		00:37.89		
					

Coach feedback:

Event number: 20: 4x50M FREESTYLE MIXED							Heat:1, starttime: 17:08	
Heat: 1/2 Lane : 3 Athlete: TEAM ZGEEL 11							Q-time: 02:05:21	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

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

Event number: 20: 4x50M FREESTYLE MIXED							Heat:1, starttime: 17:08	
Heat: 1/2 Lane : 5 Athlete: TEAM ZGEEL 10							Q-time: 02:02:21	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 20: 4x50M FREESTYLE MIXED							Heat:1, starttime: 17:08	
Heat: 1/2 Lane : 6 Athlete: TEAM ZGEEL 13							Q-time: 02:18:32	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 20: 4x50M FREESTYLE MIXED							Heat:1, starttime: 17:08	
Heat: 1/2 Lane : 7 Athlete: TEAM ZGEEL 12							Q-time: 02:25:25	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 20: 4x50M FREESTYLE MIXED							Heat:2, starttime: 17:11	
Heat: 2/2 Lane : 2 Athlete: TEAM ZGEEL 8							Q-time: 01:53:44	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

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

Event number: 20: 4x50M FREESTYLE MIXED							Heat:2, starttime: 17:11	
Heat: 2/2 Lane : 5 Athlete: TEAM ZGEEL 7							Q-time: 01:49:13	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 20: 4x50M FREESTYLE MIXED							Heat:2, starttime: 17:11	
Heat: 2/2 Lane : 8 Athlete: TEAM ZGEEL 9							Q-time: 02:01:25	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: