Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Coachinfo: Warming up from: untill . Teamleadmeeting @ 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: 100M BACKSTROKE MEN 11+ Heat:2, starttime: 14:03

Heat: 2/3 Lane : 4 Athlete: BEN AYAD NAOUFAL **Q-time: 01:09:27**

PB (25m pool): 01:09.27 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:16.13 **SB:** 01:09.27 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.65		01:09.27	
		00:34.65		*00:34.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:3, starttime: 14:05

Heat: 3/3 Lane : 2 Athlete: VERHAGEN ROBBE **Q-time: 01:03:42**

PB (25m pool): 01:03.42 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:06.60 **SB:** 01:03.76 Mol 08/11/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.00		01:03.42	
		00:31.00		*00:32.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:3, starttime: 14:05

Heat: 3/3 Lane : 3 Athlete: VAN DE GENDER WOUT **Q-time: 01:00:77**

PB (25m pool): 01:00.77 Temse 31/05/2026 **PB (50m pool):** 01:04.10 **SB:** 01:01.03 Mol 08/11/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.33		01:00.77	
		00:29.33		*00:31.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 1: 100M BACKSTROKE MEN 11+ — Heat:3, starttime: 14:05

Heat: 3/3 Lane : 7 Athlete: ROGIERS LOUIS — **Q-time: 01:09:09**

PB (25m pool): 01:08.75 Diksmuide 01/11/2026 — **PB (50m pool):** 01:13.92 **SB:** 01:08.75 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.35		01:08.75	
		00:33.35		*00:35.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 14:10

Heat: 2/3 Lane : 2 Athlete: JANSSENS STERRE — **Q-time: 01:19:41**

PB (25m pool): 01:19.41 EEKLO 04/10/2026 — **PB (50m pool):** 01:20.84 **SB:** 01:19.41 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.58		01:19.41	
		00:39.58		*00:39.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 14:10

Heat: 2/3 Lane : 5 Athlete: VAN DAELE JOSEFIEN — **Q-time: 01:15:53**

PB (25m pool): 01:15.53 Temse 31/05/2026 — **PB (50m pool):** 01:17.69 **SB:** 01:16.57 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.18		01:15.53	
		00:37.18		*00:38.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ — Heat:3, starttime: 14:12

Heat: 3/3 Lane : 2 Athlete: DELPORTE LOTTE — **Q-time: 01:09:37**

PB (25m pool): 01:09.37 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:10.94 **SB:** 01:09.37 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.38		01:09.37	
		00:33.38		*00:35.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 14:25

Heat: 7/9 Lane : 4 Athlete: BOURDIAUDHY THIBAU — **Q-time: 00:58:40**

PB (25m pool): 00:57.77 Diksmuide 01/11/2026 **PB (50m pool):** 01:00.83 **SB:** 00:57.77 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:28.08		00:57.77	
		00:28.08		*00:29.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 14:25

Heat: 7/9 Lane : 6 Athlete: VANHAVERE DAAN — **Q-time: 00:59:37**

PB (25m pool): 00:59.37 EEKLO 04/10/2026 **PB (50m pool):** 00:59.95 **SB:** 00:59.37 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.85		00:59.37	
		00:28.85		*00:30.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 14:25

Heat: 7/9 Lane : 7 Athlete: VAN GOETHEM ARTHUR — **Q-time: 00:59:45**

PB (25m pool): 00:59.45 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:00.21 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.71		00:59.45	
		00:28.71		*00:30.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:26

Heat: 8/9 Lane : 2 Athlete: VAN HOEY BILLIET RAPHAëL — **Q-time: 00:57:27**

PB (25m pool): 00:57.27 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:00.39 **SB:** 00:57.27 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.62		00:57.27	
		00:27.62		*00:29.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:28

Heat: 9/9 Lane : 2 Athlete: VAN DE GENDER WOUT — **Q-time: 00:54:96**

PB (25m pool): 00:54.96 TEMSE 23/11/2025 **PB (50m pool):** 00:56.51 **SB:** 00:55.10 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.97		00:54.96	
		00:26.97		*00:27.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:28

Heat: 9/9 Lane : 7 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:** 00:57.11 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.87		00:56.10	
		00:26.87		*00:29.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 3 Athlete: WULLAERT LIESE — **Q-time: 01:12:93**

PB (25m pool): 01:08.69 Diksmuide 01/11/2026 **PB (50m pool):** 01:12.37 **SB:** 01:08.69 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.37		01:08.69	
		00:33.37		*00:35.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 4 Athlete: VAN DE VYVERE LENA — **Q-time: 01:12:38**

PB (25m pool): 01:12.38 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:16.12 **SB:** 01:12.38 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.54		01:12.38	
		00:34.54		*00:37.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 5 Athlete: ROGIERS LOTTE — **Q-time: 01:12:76**

PB (25m pool): 01:12.76 EEKLO 04/10/2026 **PB (50m pool):** 01:16.42 **SB:** 01:12.76 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.86		01:12.76	
		00:35.86		*00:36.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:40

Heat: 7/10 Lane : 3 Athlete: LAMMENS ALIX — **Q-time: 01:03:53**

PB (25m pool): 01:03.53 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.83 **SB:** 01:03.53 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.51		01:03.53	
		00:30.51		*00:33.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:40

Heat: 7/10 Lane : 6 Athlete: VAN DAELE JOSEFIEN — **Q-time: 01:04:55**

PB (25m pool): 01:04.55 EEKLO 04/10/2026 **PB (50m pool):** 01:03.63 **SB:** 01:04.55 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.38		01:04.55	
		00:31.38		*00:33.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:42

Heat: 8/10 Lane : 4 Athlete: DELPORTE LOTTE — **Q-time: 01:00:64**

PB (25m pool): 01:00.64 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:02.96 **SB:** 01:00.64 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.61		01:00.64	
		00:28.61		*00:32.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:43

Heat: 9/10 Lane : 7 Athlete: WULLAERT FIEN — **Q-time: 01:00:61**

PB (25m pool): 01:00.40 Diksmuide 01/11/2026 — **PB (50m pool):** 01:02.27 **SB:** 01:00.40 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:29.12		01:00.40	
		00:29.12		*00:31.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 14:58

Heat: 2/4 Lane : 4 Athlete: VANHAVERE DAAN — **Q-time: 02:32:20**

PB (25m pool): 02:32.20 EEKLO 04/10/2026 — **PB (50m pool):** 02:37.66 **SB:** 02:32.20 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.01		no time		no time		02:32.20
		00:32.01						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 14:58

Heat: 2/4 Lane : 7 Athlete: ROGIERS LOUIS — **Q-time: 02:40:19**

PB (25m pool): 02:41.68 Sint-Amandsberg 19/10/2025 — **PB (50m pool):** 02:40.19 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.06		01:15.97		02:06.05		02:41.68
		00:34.06		*00:41.91*		*00:50.08*		*00:35.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 15:01

Heat: 3/4 Lane : 2 Athlete: BEN AYAD NAOUFAL — **Q-time: 02:30:71**

PB (25m pool): 02:30.71 TEMSE 18/05/2025 — **PB (50m pool):** 02:31.75 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.32		01:10.96		01:54.56		02:30.71
		00:32.32		*00:38.64*		*00:43.60*		*00:36.15*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 15:01

Heat: 3/4 Lane : 4 Athlete: VAN HOEY BILLIET RAPHAëL — **Q-time: 02:23:15**

PB (25m pool): 02:23.15 EEKLO 04/10/2026 **PB (50m pool):** 02:30.72 **SB:** 02:23.15 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.10		no time		no time		02:23.15
		00:30.10						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 15:01

Heat: 3/4 Lane : 5 Athlete: VERHAGEN ROBBE — **Q-time: 02:24:02**

PB (25m pool): 02:24.02 Sinbad 22/07/2025 **PB (50m pool):** 02:28.55 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:31.43		no time		no time		02:24.02
		00:31.43						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 15:01

Heat: 3/4 Lane : 6 Athlete: BOURDIAUDHY THIBAU — **Q-time: 02:24:85**

PB (25m pool): 02:23.61 Diksmuide 01/11/2026 **PB (50m pool):** 02:28.04 **SB:** 02:23.61 Diksmuide 01/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.88		01:10.00		01:51.13		02:23.61
		00:31.88		*00:38.12*		*00:41.13*		*00:32.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 15:04

Heat: 4/4 Lane : 3 Athlete: VAN DE GENDER NILS — **Q-time: 02:20:98**

PB (25m pool): 02:20.98 Sinbad 16/03/2025 **PB (50m pool):** 02:23.82 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:29.81		no time		no time		02:20.98
		00:29.81						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 15:04

Heat: 4/4 Lane : 5 Athlete: VAN GOETHEM ARTHUR — **Q-time: 02:19:39**

PB (25m pool): 02:19.39 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:22.08 **SB:** 02:19.39 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.02		01:07.31		01:46.48		02:19.39
		00:31.02		*00:36.29*		*00:39.17*		*00:32.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 15:04

Heat: 4/4 Lane : 7 Athlete: VAN DE GENDER WOUT — **Q-time: 02:22:07**

PB (25m pool): 02:22.07 Sinbad 16/03/2025 **PB (50m pool):** 02:22.22 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:30.32		no time		no time		02:22.07
		00:30.32						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:11

Heat: 2/5 Lane : 5 Athlete: WULLAERT LIESE — **Q-time: 02:58:42**

PB (25m pool): 02:53.92 Diksmuide 01/11/2026 **PB (50m pool):** 02:59.06 **SB:** 02:53.92 Diksmuide 01/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.16		01:23.69		02:14.39		02:53.92
		00:39.16		*00:44.53*		*00:50.70*		*00:39.53*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:11

Heat: 2/5 Lane : 6 Athlete: ROGIERS LOTTE — **Q-time: 02:58:54**

PB (25m pool): 02:58.54 EEKLO 04/10/2026 **PB (50m pool):** 03:13.44 **SB:** 02:58.54 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.69		no time		no time		02:58.54
		00:39.69						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:15

Heat: 3/5 Lane : 2 Athlete: JANSSENS STERRE — **Q-time: 02:52:94**

PB (25m pool): 02:52.94 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:53.06 **SB:** 02:52.94 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.78		01:21.95		02:14.83		02:52.94
		00:37.78		*00:44.17*		*00:52.88*		*00:38.11*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:15

Heat: 3/5 Lane : 4 Athlete: VAN DAELE JOSEFIEN — **Q-time: 02:41:93**

PB (25m pool): 02:46.92 TEMSE 18/05/2025 **PB (50m pool):** 02:41.93 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.02		01:20.49		02:09.71		02:46.92
		00:37.02		*00:43.47*		*00:49.22*		*00:37.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:15

Heat: 3/5 Lane : 6 Athlete: VAN DE VYVERE LENA — **Q-time: 02:52:89**

PB (25m pool): 02:52.89 EEKLO 04/10/2026 **PB (50m pool):** 03:04.24 **SB:** 02:52.89 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.56		no time		no time		02:52.89
		00:37.56						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:18

Heat: 4/5 Lane : 3 Athlete: WULLAERT FIEN — **Q-time: 02:37:50**

PB (25m pool): 02:37.50 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 02:43.38 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.05		01:15.49		02:03.53		02:37.50
		00:36.05		*00:39.44*		*00:48.04*		*00:33.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:18

Heat: 4/5 Lane : 5 Athlete: DE SMET AMéLIE — **Q-time: 02:35:67**

PB (25m pool): 02:35.67 EEKLO 04/10/2026 **PB (50m pool):** 02:37.72 **SB:** 02:35.67 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.11		no time		no time		02:35.67
		00:33.11						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:18

Heat: 4/5 Lane : 6 Athlete: LAMMENS ALIX — **Q-time: 02:38:57**

PB (25m pool): 02:38.57 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:43.18 **SB:** 02:39.83 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.26		01:14.66		02:03.77		02:38.57
		00:35.26		*00:39.40*		*00:49.11*		*00:34.80*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:5, starttime: 15:22

Heat: 5/5 Lane : 2 Athlete: DELPORTE LOTTE — **Q-time: 02:32:18**

PB (25m pool): 02:32.18 EEKLO 04/10/2026 **PB (50m pool):** 02:35.85 **SB:** 02:32.18 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.78		no time		no time		02:32.18
		00:32.78						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 15:32

Heat: 4/5 Lane : 4 Athlete: BOURDIAUDHY THIBAU — **Q-time: 01:14:37**

PB (25m pool): 01:14.37 Temse 31/05/2026 **PB (50m pool):** 01:16.78 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.03		01:14.37	
		00:35.03		*00:39.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 15:32

Heat: 4/5 Lane : 5 Athlete: BEN AYAD NAOUFAL — **Q-time: 01:15:13**

PB (25m pool): 01:15.13 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:15.53 **SB:** 01:15.13 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.60		01:15.13	
		00:35.60		*00:39.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:5, starttime: 15:34

Heat: 5/5 Lane : 6 Athlete: VAN GOETHEM ARTHUR — **Q-time: 01:11:00**

PB (25m pool): 01:10.98 Diksmuide 01/11/2026 **PB (50m pool):** 01:14.53 **SB:** 01:10.98 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.47		01:10.98	
		00:33.47		*00:37.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 15:39

Heat: 2/5 Lane : 5 Athlete: JANSSENS STERRE — **Q-time: 01:42:55**

PB (25m pool): 01:38.32 Diksmuide 01/11/2026 **PB (50m pool):** 01:42.55 **SB:** 01:38.32 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:45.58		01:38.32	
		00:45.58		*00:52.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 15:41

Heat: 3/5 Lane : 5 Athlete: VAN DE VYVERE LENA — **Q-time: 01:33:67**

PB (25m pool): 01:33.67 EEKLO 04/10/2026 **PB (50m pool):** 01:34.39 **SB:** 01:33.67 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.06		01:33.67	
		00:44.06		*00:49.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 15:45

Heat: 5/5 Lane : 3 Athlete: DE SMET AMéLIE — **Q-time: 01:24:10**

PB (25m pool): 01:24.10 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:25.99 **SB:** 01:24.10 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.13		01:24.10	
		00:40.13		*00:43.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 15:45

Heat: 5/5 Lane : 6 Athlete: WULLAERT FIEN — **Q-time: 01:24:37**

PB (25m pool): 01:24.37 EEKLO 04/10/2026 **PB (50m pool):** 01:26.72 **SB:** 01:24.37 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.85		01:24.37	
		00:39.85		*00:44.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 15:45

Heat: 5/5 Lane : 7 Athlete: WULLAERT LIESE — **Q-time: 01:28:26**

PB (25m pool): 01:27.84 Diksmuide 01/11/2026 **PB (50m pool):** 01:33.40 **SB:** 01:27.84 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:41.56		01:27.84	
		00:41.56		*00:46.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:3, starttime: 15:52

Heat: 3/4 Lane : 7 Athlete: ROGIERS LOUIS — **Q-time: 01:13:76**

PB (25m pool): 01:13.08 Diksmuide 01/11/2026 **PB (50m pool):** 01:16.41 **SB:** 01:13.08 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.65		01:13.08	
		00:33.65		*00:39.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 15:53

Heat: 4/4 Lane : 5 Athlete: VAN DE GENDER NILS — **Q-time: 01:03:09**

PB (25m pool): 01:03.09 Sinbad 16/03/2025 **PB (50m pool):** 01:03.79 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.62		01:03.09	
		00:28.62		*00:34.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:56

Heat: 1/2 Lane : 5 Athlete: ROGIERS LOTTE — **Q-time: 01:27:50**

PB (25m pool): no time **PB (50m pool):** 01:27.50 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:6, starttime: 16:19

Heat: 6/8 Lane : 4 Athlete: VANHAVERE DAAN — **Q-time: 01:10:78**

PB (25m pool): 01:10.78 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:10.78 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:10.78	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:6, starttime: 16:19

Heat: 6/8 Lane : 6 Athlete: VAN HOEY BILLIET RAPHAëL — **Q-time: 01:12:55**

PB (25m pool): 01:12.55 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.53		01:12.55	
		00:33.53		*00:39.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 13: 100M MEDLEY MEN 11+ — Heat:7, starttime: 16:20

Heat: 7/8 Lane : 5 Athlete: VERHAGEN ROBBE — **Q-time: 01:08:46**

PB (25m pool): 01:08.46 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** 01:09.49 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		no time		01:08.46	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:1, starttime: 16:24

Heat: 1/8 Lane : 5 Athlete: LAMMENS ALIX — **Q-time: 99:99:99**

PB (25m pool): 01:33.17 Temse 23/12/2023 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:33.17	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:3, starttime: 16:29

Heat: 3/8 Lane : 5 Athlete: DE SMET AMéLIE — **Q-time: 99:99:99**

PB (25m pool): 01:21.94 Lokeren 29/09/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:21.94	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 4x50M MEDLEY MIXED 11+ — Heat:2, starttime: 16:43

Heat: 2/2 Lane : 4 Athlete: TEAM STW 1 — **Q-time: 02:00:51**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: