

ALGT Swim CUP 25: Session: 1: COACH Evaluation sheet for TEAM: AZL

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

Coaches: Moreels Barbara HEADCOACH

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:13	
Heat: 5/14 Lane : 8 Athlete: MAES JORDY							Q-time: 02:27:14	
PB (25m pool): 02:27.14 Eeklo 21/04/2025				PB (50m pool): 02:32.00SB: 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		00:34.68		01:11.08		no time		02:27.14
	00:34.68		00:36.40					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:6, starttime: 09:16	
Heat: 6/14 Lane : 5 Athlete: VERHULST MEINDERT							Q-time: 02:21:16	
PB (25m pool): 02:21.16 Diksmuide 17/11/2024				PB (50m pool): 02:19.52 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		00:31.54		01:06.95		01:44.31		02:21.16
	00:31.54		00:35.41		00:37.36		00:36.85	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:21	
Heat: 8/14 Lane : 5 Athlete: POPPE WARRE							Q-time: 02:14:32	
PB (25m pool): 02:13.23 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:26.06 SB: 02:13.23 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		00:30.14		01:04.59		01:39.33		02:13.23
	00:30.14		00:34.45		00:34.74		00:33.90	
								

Coach feedback:

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Event number: 1: 200M FREESTYLE MEN 11+							Heat:9, starttime: 09:24	
Heat: 9/14 Lane : 4 Athlete: VAN DEN BREMT MATHIAS							Q-time: 02:11:09	
PB (25m pool): 02:10.30 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:14.59SB: 02:10.30 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		00:30.05		01:03.34		01:37.36		02:10.30
	00:30.05		00:33.29		00:34.02		00:32.94	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:54	
Heat: 5/15 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 02:37:42	
PB (25m pool): 02:28.60 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:31.88SB: 02:28.60 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		00:33.28		01:11.36		01:51.34		02:28.60
	00:33.28		00:38.08		00:39.98		00:37.26	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 4 Athlete: VAN DE WINKEL LOLA							Q-time: 02:32:63	
PB (25m pool): 02:32.63 Sinbad 29/12/2024				PB (50m pool): 02:32.36SB: 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		00:34.24		01:13.36		no time		02:32.63
	00:34.24		00:39.12					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:12, starttime: 10:14	
Heat: 12/15 Lane : 3 Athlete: VAN DEN BREMT SARAH							Q-time: 02:16:85	
PB (25m pool): 02:16.85 Diksmuide 17/11/2024				PB (50m pool): 02:18.97 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		00:30.96		01:05.81		01:41.71		02:16.85
	00:30.96		00:34.85		00:35.90		00:35.14	
								

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 10:30
Heat: 3/6 Lane : 4 Athlete: POPPE WARRE					Q-time: 01:18:59
PB (25m pool): 01:18.59 Gent 23/02/2025					PB (50m pool): 01:23.05 SB: 01:18.95 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.39		01:18.59	
	00:37.39		00:41.20		
					

Coach feedback:

Event number: 5: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 10:49	
Heat: 1/3 Lane : 5 Athlete: REYNIERS WARRE							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: 6: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:15	
Heat: 4/8 Lane : 5 Athlete: MAES JORDY							Q-time: 02:37:88	
PB (25m pool): 02:37.88 Eeklo 21/04/2025				PB (50m pool): 02:42.77 SB: 02:39.76 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		00:37.83		01:16.99		no time		02:37.88
	00:37.83		00:39.16					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 11:48	
Heat: 5/9 Lane : 8 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 02:46:25	
PB (25m pool): 02:46.25 Eeklo 21/04/2025				PB (50m pool): 02:50.24 SB: 02:51.53 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		00:38.93		01:22.03		no time		02:46.25
	00:38.93		00:43.10					
								

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:8, starttime: 11:59	
Heat: 8/9 Lane : 6 Athlete: VAN DEN BREMT SARAH							Q-time: 02:27:67	
PB (25m pool): 02:27.67 T ROSCO 12/10/2025				PB (50m pool): 02:33.94SB: 02:27.67 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		no time		01:12.61		01:51.18		02:27.67
	no time				00:38.57		00:36.49	
								

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 12:12
Heat: 4/7 Lane : 2 Athlete: VERHULST MEINDERT				Q-time: 01:11:90	
PB (25m pool): 01:11.90 TEMSE 18/05/2025			PB (50m pool): 01:23.63SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.80		01:11.90	
	00:32.80		00:39.10		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+										Heat:4, starttime: 12:12	
Heat: 4/7 Lane : 3 Athlete: VAN DEN BREMT MATHIAS								Q-time: 01:11:18			
PB (25m pool): 01:11.18 T ROSCO 12/10/2025						PB (50m pool): 01:11.60SB: 01:11.18 T ROSCO 12/10/2025					
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:32.11				01:11.18				
	00:32.11				00:39.07						
											

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+							Heat:4, starttime: 12:25	
Heat: 4/7 Lane : 4 Athlete: VAN DE WINKEL LOLA							Q-time: 01:16:54	
PB (25m pool): 01:16.54 Gent 23/02/2025				PB (50m pool): 01:20.17 SB: 01:19.16 Lokeren 28/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.64		01:16.54				
	00:35.64		00:40.90					
								

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 12:28
Heat: 6/7 Lane : 6 Athlete: VAN DEN BREMT SARAH					Q-time: 01:10:96
PB (25m pool): 01:10.96 Gent 23/02/2025					PB (50m pool): 01:10.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.71		01:10.96	
	00:32.71		00:38.25		
					

Coach feedback:

Event number: 10: 4x50M MEDLEY MIXED							Heat:2, starttime: 12:50	
Heat: 2/2 Lane : 2 Athlete: TEAM AZL 1							Q-time: 02:07:54	
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: