

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: ZCK

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

Coaches: Raes Tina HEADCOACH

Coaches: Van Den Broeck Dennis

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 : 1 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:27:11	
PB (25m pool): 02:27.11 Zaventem 15/07/2025				PB (50m pool): 02:29.80SB: 02:29.36 Kapelle-op-den-Bos 21/09/2025				
	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		00:33.40		01:10.94		no time		02:27.11
	00:33.40		00:37.54					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+ Heat:10, starttime: 09:27

Heat: 10/14 Lane : 7 Athlete: VAN LOON BAS							Q-time: 02:10:64	
PB (25m pool): 02:10.64 Leuven 12/10/2025				PB (50m pool): 02:24.13 SB: 02:10.64 Leuven 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		00:30.26		01:02.83		01:37.19		02:10.64
	00:30.26		00:32.57		00:34.36		00:33.45	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+ Heat:11, starttime: 09:29

Heat: 11/14 Lane : 7 Athlete: BAKX WARRE							Q-time: 02:06:35	
PB (25m pool): 02:06.35 Leuven 12/10/2025				PB (50m pool): 02:14.75 SB: 02:06.35 Leuven 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		00:28.36		01:00.36		01:33.46		02:06.35
	00:28.36		00:32.00		00:33.10		00:32.89	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:54	
Heat: 5/15 Lane : 7 Athlete: REYNIERS FIEN							Q-time: 02:38:58	
PB (25m pool): 02:38.58 Bastogne 06/04/2025				PB (50m pool): 02:43.22 SB: 02:41.47 Kapelle-op-den-Bos 21/09/2025				
	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		00:36.84		01:17.84		01:59.01		02:38.58
	00:36.84		00:41.00		00:41.17		00:39.57	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 7 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:33:61	
PB (25m pool): 02:33.61 Zaventem 15/07/2025				PB (50m pool): 02:36.09SB: 02:33.64 Kapelle-op-den-Bos 21/09/2025				
	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		00:34.61		01:13.46		no time		02:33.61
	00:34.61		00:38.85					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 2 Athlete: JACOBS LAURIEN							Q-time: 02:28:31	
PB (25m pool): 02:28.31 Sinbad 29/12/2024				PB (50m pool): 02:36.93 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		00:33.26		01:09.82		no time		02:28.31
	00:33.26		00:36.56					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:10, starttime: 10:09	
Heat: 10/15 Lane : 3 Athlete: VERSPECHT LIEN							Q-time: 02:21:18	
PB (25m pool): 02:21.18 Meise 22/06/2025				PB (50m pool): 02:23.46 SB: 02:23.42 Kapelle-op-den-Bos 21/09/2025				
	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		00:31.30		01:06.41		no time		02:21.18
	00:31.30		00:35.11					
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:14, starttime: 10:20	
Heat: 14/15 Lane : 8 Athlete: GEENS AMÉLIE							Q-time: 02:13:92	
PB (25m pool): 02:13.92 Zaventem 15/07/2025				PB (50m pool): 02:16.66 SB: 02:15.30 Leuven 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		00:30.57		01:03.91		no time		02:13.92
	00:30.57		00:33.34					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:15, starttime: 10:22	
Heat: 15/15 Lane : 1 Athlete: DALEMANS LYN							Q-time: 02:09:60	
PB (25m pool): 02:09.60 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:13.36 SB: 02:09.98 Leuven 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		00:30.00		01:02.96		01:36.77		02:09.60
	00:30.00		00:32.96		00:33.81		00:32.83	
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:3, starttime: 10:30	
Heat: 3/6 Lane : 1 Athlete: VAN DEN BROECK TIEBE							Q-time: 01:25:71	
PB (25m pool): 01:25.71 Zaventem 15/07/2025				PB (50m pool): 01:32.38 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.92		01:25.71				
	00:39.92		00:45.79					
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:3, starttime: 10:30	
Heat: 3/6 Lane : 2 Athlete: VAN LOON BAS							Q-time: 01:20:83	
PB (25m pool): 01:20.83 TEMSE 24/11/2024				PB (50m pool): 01:22.49SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.80		01:20.83				
	00:37.80		00:43.03					
								

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 10:34
Heat: 5/6 Lane : 2 Athlete: BAKX WARRE					Q-time: 01:12:04
PB (25m pool): 01:12.04 Leuven 12/10/2025					PB (50m pool): 01:14.78 SB: 01:12.04 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.34		01:12.04	
	00:33.34		00:38.70		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 1 Athlete: JACOBS LAURIEN					Q-time: 01:21:06
PB (25m pool): 01:21.06 Sinbad 29/12/2024					PB (50m pool): 01:24.34 SB: 01:24.94 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.99		01:21.06	
	00:37.99		00:43.07		
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 11:11			
Heat: 3/8 Lane : 6 Athlete: VERSPECHT KOBE					Q-time: 02:45:87			
PB (25m pool): 02:45.87 Meise 22/06/2025					PB (50m pool): 02:54.99 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		00:38.41		01:20.59		no time		02:45.87
	00:38.41		00:42.18					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 11:41			
Heat: 3/9 Lane : 5 Athlete: REYNIERS FIEN					Q-time: 02:54:09			
PB (25m pool): 02:54.09 Meise 22/06/2025					PB (50m pool): 02:58.91 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		00:40.69		01:24.85		no time		02:54.09
	00:40.69		00:44.16					
								

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 4 Athlete: VERSPECHT LIEN							Q-time: 02:37:15	
PB (25m pool): 02:37.15 Leuven 12/10/2025				PB (50m pool): 02:45.26SB: 02:37.15 Leuven 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		00:35.26		01:14.31		01:55.35		02:37.15
	00:35.26		00:39.05		00:41.04		00:41.80	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:8, starttime: 11:59	
Heat: 8/9 Lane : 3 Athlete: GEENS AMÉLIE							Q-time: 02:26:88	
PB (25m pool): 02:26.55 Leuven 15/10/2023				PB (50m pool): 02:30.58SB: 02:27.01 Leuven 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		no time		no time		02:26.55
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 2 Athlete: DALEMANS LYN							Q-time: 02:22:07	
PB (25m pool): 02:22.07 Leuven 12/10/2025				PB (50m pool): 02:25.96SB: 02:22.07 Leuven 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		00:34.62		01:11.05		01:47.26		02:22.07
	00:34.62		00:36.43		00:36.21		00:34.81	
								

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 12:23
Heat: 3/7 Lane : 2 Athlete: REYNIERS FIEN				Q-time: 01:29:19	
PB (25m pool): 01:28.76 Liedekerke 11/11/2025			PB (50m pool): 01:37.14SB: 01:28.76 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.11		01:28.76	
	00:40.11		00:48.65		
					

Coach feedback:

ALGT Swim CUP 25: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 12:25
Heat: 4/7 Lane : 8 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:20:34
PB (25m pool): 01:18.32 Liedekerke 11/11/2025					PB (50m pool): 01:20.34 SB: 01:18.32 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.05		01:18.32	
	00:36.05		00:42.27		
					

Coach feedback:

Event number: 10: 4x50M MEDLEY MIXED							Heat:2, starttime: 12:50	
Heat: 2/2 Lane : 6 Athlete: TEAM ZCK 2							Q-time: 02:02:72	
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: