

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 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: 1: 200M FREESTYLE MEN 11+							Heat:1, starttime: 09:00	
Heat: 1/14 Lane : 6 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: 1: 200M FREESTYLE MEN 11+							Heat:2, starttime: 09:04	
Heat: 2/14 Lane : 2 Athlete: LIEVENS RUBE							Q-time: 02:49:97	
PB (25m pool): 02:49.97 Pelt 05/10/2025			PB (50m pool): no time SB: 02:49.97 Pelt 05/10/2025					
	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		00:37.56		01:22.26		no time		02:49.97
	00:37.56		00:44.70					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:2, starttime: 09:04	
Heat: 2/14 Lane : 7 Athlete: RAMSDONCK KRIS							Q-time: 02:52:21	
PB (25m pool): 02:52.21 Antwerpen 12/10/2025			PB (50m pool): 02:59.44SB: 02:52.21 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		00:38.37		01:22.66		02:07.54		02:52.21
	00:38.37		00:44.29		00:44.88		00:44.67	
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:07	
Heat: 3/14 Lane : 2 Athlete: MAES MATHIJS							Q-time: 02:33:38	
PB (25m pool): 02:33.38 Pelt 05/10/2025				PB (50m pool): 02:40.11 SB: 02:33.38 Pelt 05/10/2025				
	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		00:34.65		01:13.80		no time		02:33.38
	00:34.65		00:39.15					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:07	
Heat: 3/14 Lane : 6 Athlete: STERCKX DAAN							Q-time: 02:33:36	
PB (25m pool): 02:33.36 Antwerpen 12/10/2025				PB (50m pool): 02:34.36 SB: 02:33.36 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		00:36.31		01:16.21		01:55.67		02:33.36
	00:36.31		00:39.90		00:39.46		00:37.69	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:10	
Heat: 4/14 Lane : 8 Athlete: NEYRINCK RUBEN							Q-time: 02:32:01	
PB (25m pool): 02:32.01 Antwerpen 12/10/2025				PB (50m pool): 02:40.25 SB: 02:32.01 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		00:35.71		01:15.90		01:55.95		02:32.01
	00:35.71		00:40.19		00:40.05		00:36.06	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:21	
Heat: 8/14 Lane : 2 Athlete: DILLEN FINN							Q-time: 02:14:94	
PB (25m pool): 02:14.94 Pelt 05/10/2025				PB (50m pool): 02:17.90SB: 02:14.94 Pelt 05/10/2025				
	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		00:30.84		01:05.25		no time		02:14.94
	00:30.84		00:34.41					
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:10, starttime: 09:27	
Heat: 10/14 Lane : 1 Athlete: HUFKENS ILIAN							Q-time: 02:10:89	
PB (25m pool): 02:10.89 Pelt 05/10/2025				PB (50m pool): 02:11.87 SB: 02:10.89 Pelt 05/10/2025				
	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		00:30.16		01:03.72		no time		02:10.89
	00:30.16		00:33.56					
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:10, starttime: 09:27	
Heat: 10/14 Lane : 5 Athlete: BEGUE MILANN							Q-time: 02:07:60	
PB (25m pool): 02:07.60 Antwerpen 12/10/2025				PB (50m pool): 02:10.24 SB: 02:07.60 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		00:28.59		01:01.04		01:34.45		02:07.60
	00:28.59		00:32.45		00:33.41		00:33.15	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:11, starttime: 09:29	
Heat: 11/14 Lane : 3 Athlete: HUFKENS IBEN							Q-time: 02:05:86	
PB (25m pool): 02:05.86 Antwerpen 12/10/2025				PB (50m pool): 02:09.13 SB: 02:05.86 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		00:29.64		01:02.29		01:34.56		02:05.86
	00:29.64		00:32.65		00:32.27		00:31.30	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:12, starttime: 09:32	
Heat: 12/14 Lane : 2 Athlete: HAESENDONCKX JARNE							Q-time: 02:04:12	
PB (25m pool): 02:04.12 Mol 20/10/2024				PB (50m pool): 02:05.11 SB: 02:04.35 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		00:29.59		01:01.82		01:33.32		02:04.12
	00:29.59		00:32.23		00:31.50		00:30.80	
								

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 11+							Heat:12, starttime: 09:32	
Heat: 12/14 Lane : 7 Athlete: ZRIRAK WAEL							Q-time: 02:05:14	
PB (25m pool): 02:05.14 Antwerpen 12/10/2025				PB (50m pool): 02:12.66 SB: 02:05.14 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		00:29.24		01:01.47		01:33.37		02:05.14
	00:29.24		00:32.23		00:31.90		00:31.77	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:14, starttime: 09:37	
Heat: 14/14 Lane : 1 Athlete: VAN BALLAER VIKTOR							Q-time: 01:57:97	
PB (25m pool): 01:57.97 Mol 20/10/2024				PB (50m pool): 02:01.92 SB: 01:59.26 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		00:26.81		00:56.86		01:27.15		01:57.97
	00:26.81		00:30.05		00:30.29		00:30.82	
								

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 11+							Heat:14, starttime: 09:37	
Heat: 14/14 Lane : 7 Athlete: MICHOEL QUINTEN							Q-time: 01:56:32	
PB (25m pool): 01:56.32 Antwerpen 12/10/2025				PB (50m pool): 01:59.70 SB: 01:56.32 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		00:26.32		00:55.49		01:26.00		01:56.32
	00:26.32		00:29.17		00:30.51		00:30.32	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:40	
Heat: 1/15 Lane : 3 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:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:40	
Heat: 1/15 Lane : 4 Athlete: VAN DE WEYER FOUKE							Q-time: 03:39:19	
PB (25m pool): 03:39.19 Pelt 05/10/2025				PB (50m pool): no time SB: 03:39.19 Pelt 05/10/2025				
	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		00:48.15		01:44.93		no time		03:39.19
	00:48.15		00:56.78					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:48	
Heat: 3/15 Lane : 1 Athlete: HUFKENS ELINA							Q-time: 02:53:27	
PB (25m pool): 02:53.27 Pelt 05/10/2025				PB (50m pool): 03:02.05 SB: 02:53.27 Pelt 05/10/2025				
	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		00:39.55		01:24.14		no time		02:53.27
	00:39.55		00:44.59					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:48	
Heat: 3/15 Lane : 3 Athlete: WOUTERS DORA							Q-time: 02:49:42	
PB (25m pool): 02:49.42 Antwerpen 12/10/2025				PB (50m pool): 02:53.35 SB: 02:49.42 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		00:38.92		01:22.55		02:07.06		02:49.42
	00:38.92		00:43.63		00:44.51		00:42.36	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:48	
Heat: 3/15 Lane : 8 Athlete: NIEUWENHUIS ZOë							Q-time: 02:53:38	
PB (25m pool): 02:53.38 Pelt 05/10/2025				PB (50m pool): no time SB: 02:53.38 Pelt 05/10/2025				
	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		00:39.44		01:24.66		no time		02:53.38
	00:39.44		00:45.22					
								

Coach feedback:

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Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:51	
Heat: 4/15 Lane : 4 Athlete: VAN ASTEN RENÉE							Q-time: 02:40:34	
PB (25m pool): 02:40.34 Antwerpen 12/10/2025				PB (50m pool): 02:47.00SB: 02:40.34 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		00:38.33		01:18.60		02:01.80		02:40.34
	00:38.33		00:40.27		00:43.20		00:38.54	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:51	
Heat: 4/15 Lane : 8 Athlete: MOERKENS FIEN							Q-time: 02:46:40	
PB (25m pool): 02:46.40 Pelt 05/10/2025				PB (50m pool): 02:51.25 SB: 02:46.40 Pelt 05/10/2025				
	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		00:39.71		01:23.33		no time		02:46.40
	00:39.71		00:43.62					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:54	
Heat: 5/15 Lane : 3 Athlete: DE RIDDER ROXANE							Q-time: 02:36:79	
PB (25m pool): 02:36.79 Antwerpen 12/10/2025				PB (50m pool): 02:44.22 SB: 02:36.79 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		00:35.79		01:16.25		01:57.40		02:36.79
	00:35.79		00:40.46		00:41.15		00:39.39	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 7 Athlete: COOLS YELENA							Q-time: 02:32:21	
PB (25m pool): 02:32.21 TEMSE 24/11/2024				PB (50m pool): 02:32.57 SB: 02:37.19 Pelt 05/10/2025				
	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		00:35.76		01:15.51		01:54.85		02:32.21
	00:35.76		00:39.75		00:39.34		00:37.36	
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 10:00	
Heat: 7/15 Lane : 8 Athlete: COESEMANS AMILIA							Q-time: 02:32:44	
PB (25m pool): 02:32.44 Mol 29/12/2024				PB (50m pool): 02:32.50 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		00:33.97		01:11.78		01:53.02		02:32.44
	00:33.97		00:37.81		00:41.24		00:39.42	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 4 Athlete: LEYSEN IMKE							Q-time: 02:26:24	
PB (25m pool): 02:26.24 Kapellen 01/06/2025				PB (50m pool): 02:29.10 SB: 02:30.30 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		00:33.31		01:09.53		no time		02:26.24
	00:33.31		00:36.22					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:8, starttime: 10:03	
Heat: 8/15 Lane : 5 Athlete: BRAEKEN CHARLOTTE							Q-time: 02:26:45	
PB (25m pool): 02:26.45 Pelt 05/10/2025				PB (50m pool): 02:32.74 SB: 02:26.45 Pelt 05/10/2025				
	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		00:34.84		01:12.07		no time		02:26.45
	00:34.84		00:37.23					
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 10:06	
Heat: 9/15 Lane : 1 Athlete: BOOGERS NOOR							Q-time: 02:25:96	
PB (25m pool): 02:25.96 Antwerpen 12/10/2025				PB (50m pool): 02:33.52 SB: 02:25.96 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		00:33.41		01:11.21		01:49.56		02:25.96
	00:33.41		00:37.80		00:38.35		00:36.40	
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:10, starttime: 10:09	
Heat: 10/15 Lane : 1 Athlete: MAES JULIE							Q-time: 02:22:07	
PB (25m pool): 02:22.07 Antwerpen 12/10/2025				PB (50m pool): 02:28.07 SB: 02:22.07 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		00:33.11		01:09.52		01:46.38		02:22.07
	00:33.11		00:36.41		00:36.86		00:35.69	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:10, starttime: 10:09	
Heat: 10/15 Lane : 6 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:21:65	
PB (25m pool): 02:21.65 Antwerpen 12/10/2025				PB (50m pool): 02:30.10SB: 02:21.65 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		00:32.86		01:09.43		01:46.77		02:21.65
	00:32.86		00:36.57		00:37.34		00:34.88	
								

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+							Heat:12, starttime: 10:14	
Heat: 12/15 Lane : 2 Athlete: DILLEN NORAH							Q-time: 02:17:37	
PB (25m pool): 02:14.80 Temse 26/11/2023				PB (50m pool): 02:20.76SB: 02:22.59 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		no time		no time		no time		02:14.80
	no time							
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:28	
Heat: 2/6 Lane : 3 Athlete: MAES MATHIJS							Q-time: 01:27:45	
PB (25m pool): 01:27.45 Pelt 05/10/2025				PB (50m pool): 01:28.78SB: 01:27.45 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.38		01:27.45				
	00:41.38		00:46.07					
								

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/6 Lane : 5 Athlete: DILLEN FINN					Q-time: 01:14:71
PB (25m pool): 01:14.71 Pelt 05/10/2025					PB (50m pool): 01:15.91 SB: 01:14.71 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.07		01:14.71	
	00:35.07		00:39.64		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/6 Lane : 6 Athlete: HUFKENS ILIAN					Q-time: 01:15:62
PB (25m pool): 01:15.62 Pelt 05/10/2025					PB (50m pool): 01:17.70 SB: 01:15.62 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.44		01:15.62	
	00:35.44		00:40.18		
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 10:35
Heat: 6/6 Lane : 4 Athlete: VAN BALLAER VIKTOR					Q-time: 01:05:32
PB (25m pool): 01:04.72 Gent 09/11/2025					PB (50m pool): 01:08.95 SB: 01:04.72 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.27		01:04.72	
	00:30.27		00:34.45		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 10:37
Heat: 1/5 Lane : 4 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 10:40
Heat: 2/5 Lane : 2 Athlete: WOUTERS DORA					Q-time: 01:48:39
PB (25m pool): 01:48.39 Turnhout 02/03/2025					PB (50m pool): 01:51.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.99		01:48.39	
	00:49.99		00:58.40		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:43
Heat: 3/5 Lane : 3 Athlete: MOERKENS FIEN					Q-time: 01:37:42
PB (25m pool): 01:37.42 Pelt 05/10/2025					PB (50m pool): 01:41.21 SB: 01:37.42 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.22		01:37.42	
	00:47.22		00:50.20		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:43
Heat: 3/5 Lane : 7 Athlete: DJONOU IMBA ITZANA					Q-time: 01:39:43
PB (25m pool): 01:39.43 Pelt 05/10/2025					PB (50m pool): no time SB: 01:39.43 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.28		01:39.43	
	00:47.28		00:52.15		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/5 Lane : 7 Athlete: COOLS YELENA					Q-time: 01:29:50
PB (25m pool): 01:29.50 Pelt 05/10/2025					PB (50m pool): 01:32.32 SB: 01:29.50 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.52		01:29.50	
	00:42.52		00:46.98		
					

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 10:47
Heat: 5/5 Lane : 3 Athlete: DILLEN NORAH					Q-time: 01:13:72
PB (25m pool): 01:13.72 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:16.04 SB: 01:16.28 Gent 09/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:13.72	
	00:34.75		00:38.97		
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:07	
Heat: 2/8 Lane : 2 Athlete: RAMSDONCK KRIS							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:2, starttime: 11:07	
Heat: 2/8 Lane : 5 Athlete: NEYRINCK RUBEN							Q-time: 02:54:09	
PB (25m pool): 02:54.09 Antwerpen 12/10/2025							PB (50m pool): 03:08.50 SB: 02:54.09 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		00:41.96		01:27.28		02:10.91		02:54.09
	00:41.96		00:45.32		00:43.63		00:43.18	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:07	
Heat: 2/8 Lane : 7 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	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:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:11	
Heat: 3/8 Lane : 1 Athlete: STERCKX DAAN							Q-time: 02:47:81	
PB (25m pool): 02:47.81 Antwerpen 12/10/2025				PB (50m pool): 02:57.55 SB: 02:47.81 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		00:39.63		01:22.84		02:06.61		02:47.81
	00:39.63		00:43.21		00:43.77		00:41.20	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 11:18	
Heat: 5/8 Lane : 4 Athlete: BEGUE MILANN							Q-time: 02:31:64	
PB (25m pool): 02:31.25 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:32.33 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		00:35.80		01:14.04		01:52.88		02:31.25
	00:35.80		00:38.24		00:38.84		00:38.37	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 5 Athlete: ZRIRAK WAELE							Q-time: 02:24:77	
PB (25m pool): 02:24.77 Antwerpen 12/10/2025				PB (50m pool): 02:35.69SB: 02:24.77 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		00:34.12		01:12.31		01:49.21		02:24.77
	00:34.12		00:38.19		00:36.90		00:35.56	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 11:25	
Heat: 7/8 Lane : 8 Athlete: HUFKENS IBEN							Q-time: 02:22:72	
PB (25m pool): 02:22.72 Antwerpen 12/10/2025				PB (50m pool): 02:27.04 SB: 02:22.72 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		00:33.70		01:10.30		01:46.87		02:22.72
	00:33.70		00:36.60		00:36.57		00:35.85	
								

Coach feedback:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 11:28	
Heat: 8/8 Lane : 7 Athlete: HAESENDONCKX JARNE							Q-time: 02:16:01	
PB (25m pool): 02:14.19 Gent 09/11/2025				PB (50m pool): 02:18.21SB: 02:14.19 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		00:30.43		01:04.20		01:39.36		02:14.19
	00:30.43		00:33.77		00:35.16		00:34.83	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 11:31	
Heat: 1/9 Lane : 6 Athlete: DE RIDDER ROXANE							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: 7: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 11:31	
Heat: 1/9 Lane : 8 Athlete: VAN DE WEYER FOUKE							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: 7: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/9 Lane : 1 Athlete: HUFKENS ELINA							Q-time: 03:27:18	
PB (25m pool): no time			PB (50m pool): 03:27.18SB: 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:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/9 Lane : 7 Athlete: VAN ASTEN RENÉE							Q-time: 03:26:53	
PB (25m pool): no time			PB (50m pool): 03:26.53 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: 7: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 11:41	
Heat: 3/9 Lane : 4 Athlete: COESEMANS AMILIA							Q-time: 02:53:07	
PB (25m pool): 02:53.07 Antwerpen 12/10/2025				PB (50m pool): 03:03.13 SB: 02:53.07 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		00:40.15		01:24.30		02:10.48		02:53.07
	00:40.15		00:44.15		00:46.18		00:42.59	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 11:41	
Heat: 3/9 Lane : 6 Athlete: LEYSEN IMKE							Q-time: 02:56:61	
PB (25m pool): 02:56.61 Sint-Amandsberg 27/10/2024				PB (50m pool): 03:07.85 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		00:42.29		01:26.15		02:11.60		02:56.61
	00:42.29		00:43.86		00:45.45		00:45.01	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 3 Athlete: VAN TILBURG FRAUKE							Q-time: 02:46:67	
PB (25m pool): 02:46.67 Antwerpen 12/10/2025				PB (50m pool): 02:57.83 SB: 02:46.67 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		00:38.92		01:21.77		02:04.57		02:46.67
	00:38.92		00:42.85		00:42.80		00:42.10	
								

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:44	
Heat: 4/9 Lane : 5 Athlete: BOOGERS NOOR							Q-time: 02:46:66	
PB (25m pool): no time			PB (50m pool): 02:46.66 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: 7: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 11:48	
Heat: 5/9 Lane : 3 Athlete: BRAEKEN CHARLOTTE							Q-time: 02:44:74	
PB (25m pool): 02:44.74 TEMSE 24/11/2024				PB (50m pool): 02:46.18 SB: 02:53.81 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		00:39.88		01:21.21		02:04.48		02:44.74
	00:39.88		00:41.33		00:43.27		00:40.26	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:52	
Heat: 6/9 Lane : 6 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:38:73	
PB (25m pool): 02:38.73 Antwerpen 12/10/2025				PB (50m pool): 02:44.62 SB: 02:38.73 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		00:37.28		01:17.96		01:59.11		02:38.73
	00:37.28		00:40.68		00:41.15		00:39.62	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 11:55	
Heat: 7/9 Lane : 2 Athlete: MAES JULIE							Q-time: 02:33:55	
PB (25m pool): 02:33.55 Aarschot 28/07/2025				PB (50m pool): 02:40.43SB: 02:35.81 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		00:36.11		01:15.25		no time		02:33.55
	00:36.11		00:39.14					
								

Coach feedback:

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

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 12:05
Heat: 1/7 Lane : 6 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 12:16
Heat: 7/7 Lane : 6 Athlete: MICHOEL QUINTEN					Q-time: 00:58:57
PB (25m pool): 00:58.47 Gent 09/11/2025 PB (50m pool): 00:58.73 SB: 00:58.47 Gent 09/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.92		00:58.47	
	00:26.92 00:31.55				
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 12:27
Heat: 5/7 Lane : 1 Athlete: VAN TILBURG FRAUKE					Q-time: 01:15:87
PB (25m pool): 01:15.87 Pelt 05/10/2025 PB (50m pool): 01:18.36 SB: 01:15.87 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.46		01:15.87	
	00:35.46 00:40.41				
					

Coach feedback:

Event number: 10: 4x50M MEDLEY MIXED							Heat:1, starttime: 12:47	
Heat: 1/2 Lane : 2 Athlete: TEAM ZGEEL 14							Q-time: 02:42:10	
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: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 10: 4x50M MEDLEY MIXED							Heat:1, starttime: 12:47	
Heat: 1/2 Lane : 6 Athlete: TEAM ZGEEL 5							Q-time: 02:34:97	
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: 10: 4x50M MEDLEY MIXED							Heat:1, starttime: 12:47	
Heat: 1/2 Lane : 7 Athlete: TEAM ZGEEL 6							Q-time: 02:44:12	
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: 10: 4x50M MEDLEY MIXED							Heat:2, starttime: 12:50	
Heat: 2/2 Lane : 1 Athlete: TEAM ZGEEL 3							Q-time: 02:10:95	
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: 10: 4x50M MEDLEY MIXED							Heat:2, starttime: 12:50	
Heat: 2/2 Lane : 3 Athlete: TEAM ZGEEL 1							Q-time: 02:01:07	
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: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 10: 4x50M MEDLEY MIXED							Heat:2, starttime: 12:50	
Heat: 2/2 Lane : 5 Athlete: TEAM ZGEEL 2							Q-time: 02:00:61	
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: 10: 4x50M MEDLEY MIXED							Heat:2, starttime: 12:50	
Heat: 2/2 Lane : 8 Athlete: TEAM ZGEEL 4							Q-time: 02:11:57	
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: