

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

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

Coaches: Peeters Vincent HEADCOACH

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

Event number: 11: 100M FREESTYLE MEN 11+					Heat:14, starttime: 14:20
Heat: 14/15 Lane : 3 Athlete: HEYRMAN TIGO					Q-time: 00:53:44
PB (25m pool): 00:53.26 Sint Amandsberg 10/11/2019					PB (50m pool): 00:53.44 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:53.26	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:40
Heat: 11/14 Lane : 8 Athlete: VAN LAARHOVEN ALESSIA					Q-time: 01:03:92
PB (25m pool): 01:03.84 Mol 15/10/2023					PB (50m pool): 01:03.92 SB: 01:04.87 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.84	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:42
Heat: 12/14 Lane : 8 Athlete: MOREELS NINA					Q-time: 01:02:72
PB (25m pool): 01:02.72 Nijlen 17/11/2024					PB (50m pool): 01:03.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.91		01:02.72	
	00:29.91 00:32.81				
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:43
Heat: 13/14 Lane : 5 Athlete: GENBRUGGE ÉLÉA					Q-time: 00:59:79
PB (25m pool): 00:59.79 Antwerpen 12/10/2025					PB (50m pool): 01:04.67 SB: 00:59.79 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.79	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:44
Heat: 14/14 Lane : 3 Athlete: METZEMAKERS LÉA					Q-time: 00:57:11
PB (25m pool): 00:57.11 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 00:57.82 SB: 00:58.96 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.73		00:57.11	
	00:27.73 00:29.38				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:43
Heat: 7/11 Lane : 2 Athlete: MOREELS NINA					Q-time: 01:13:41
PB (25m pool): 01:13.41 Nijlen 17/11/2024					PB (50m pool): 01:15.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.66		01:13.41	
	00:35.66 00:37.75				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 16:47
Heat: 9/11 Lane : 6 Athlete: VAN LAARHOVEN ALESSIA					Q-time: 01:10:53
PB (25m pool): 01:08.96 Gent 09/11/2025					PB (50m pool): 01:10.35 SB: 01:08.96 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.07		01:08.96	
	00:33.07 00:35.89				
					

Coach feedback:

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Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 16:49
Heat: 10/11 Lane : 6 Athlete: GENBRUGGE ÉLÉA					Q-time: 01:08:74
PB (25m pool): 01:08.74 Antwerpen 12/10/2025					PB (50m pool): 01:14.92 SB: 01:08.74 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.11		01:08.74	
	00:33.11		00:35.63		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 16:51
Heat: 11/11 Lane : 3 Athlete: METZEMAKERS LéA					Q-time: 01:03:72
PB (25m pool): 01:03.72 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 01:06.90 SB: 01:05.39 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.06		01:03.72	
	00:31.06		00:32.66		
					

Coach feedback: