

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

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

Coaches: Pingnet Olivier

Coaches: Kenis Bart HEADCOACH

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

Event number: 11: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/15 Lane : 5 Athlete: COUVREUR FRED					Q-time: 01:04:28
PB (25m pool): 01:04.28 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:06.89SB: 01:04.28 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.86		01:04.28	
	00:30.86		00:33.42		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/15 Lane : 2 Athlete: KEUSTERMANS LARD					Q-time: 01:03:18
PB (25m pool): 01:03.18 Mol 29/12/2024 PB (50m pool): 01:03.62SB: 01:04.72 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.68		01:03.18	
	00:30.68		00:32.50		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/15 Lane : 6 Athlete: DE VALCK THIBAUT					Q-time: 00:56:93
PB (25m pool): 00:56.93 Antwerpen 12/10/2025 PB (50m pool): 00:58.08SB: 00:56.93 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:56.93	
	no time				
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:14, starttime: 14:20
Heat: 14/15 Lane : 7 Athlete: OST RYAN					Q-time: 00:54:70
PB (25m pool): 00:54.70 Antwerpen 12/10/2025					PB (50m pool): 00:57.11 SB: 00:54.70 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.20		00:54.70	
	00:26.20		00:28.50		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:15, starttime: 14:21
Heat: 15/15 Lane : 2 Athlete: VAN WELLEN JOSEPH					Q-time: 00:52:34
PB (25m pool): 00:52.34 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 00:52.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.94		00:52.34	
	00:24.94		00:27.40		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:35
Heat: 8/14 Lane : 5 Athlete: ROMBOUTS FLOOR					Q-time: 01:07:03
PB (25m pool): 01:07.03 Aarschot 04/05/2025					PB (50m pool): 01:07.75 SB: 01:08.40 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.95		01:07.03	
	00:32.95		00:34.08		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:39
Heat: 10/14 Lane : 6 Athlete: BOGAERTS KRISTA					Q-time: 01:04:37
PB (25m pool): 01:04.37 TEMSE 24/11/2024					PB (50m pool): 01:04.37 SB: 01:05.24 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.97		01:04.37	
	00:30.97		00:33.40		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:40
Heat: 11/14 Lane : 3 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:03:54
PB (25m pool): 01:03.54 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:04.23 SB: 01:03.54 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.57		01:03.54	
	00:30.57		00:32.97		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:40
Heat: 11/14 Lane : 4 Athlete: DE LETTER SOFIE					Q-time: 01:02:93
PB (25m pool): 01:02.93 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:03.49 SB: 01:02.93 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.16		01:02.93	
	00:30.16		00:32.77		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:44
Heat: 14/14 Lane : 1 Athlete: VAN DE CLOOT ELINA					Q-time: 00:58:49
PB (25m pool): 00:58.49 Sint-Amandsberg 27/10/2024					PB (50m pool): 00:59.26 SB: 00:59.94 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.11		00:58.49	
	00:28.11		00:30.38		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:44
Heat: 14/14 Lane : 7 Athlete: WILLAERT AYLA					Q-time: 00:58:48
PB (25m pool): 00:58.48 LAGO Zwevegem 20/05/2024					PB (50m pool): 00:59.62 SB: 01:00.67 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.48	
	no time				
					

Coach feedback:

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Event number: 13: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 14:46	
Heat: 1/2 Lane : 2 Athlete: DOCHITA EDUARD							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: 14: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 14:53	
Heat: 1/3 Lane : 4 Athlete: MELIS FEE							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: 14: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 14:53	
Heat: 1/3 Lane : 5 Athlete: KENIS STERRE							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: 14: 200M BUTTERFLY WOMEN 11+							Heat:3, starttime: 15:00	
Heat: 3/3 Lane : 1 Athlete: MELIS VLINDER							Q-time: 02:53:60	
PB (25m pool): 02:53.60 Kalmthout 23/02/2025			PB (50m pool): no time SB: 02:56.74 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		00:35.98		01:22.67		no time		02:53.60
	00:35.98		00:46.69					
								

Coach feedback:

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Event number: 15: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:04
Heat: 1/4 Lane : 5 Athlete: FABRY LIEZE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): 01:45.31 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: 16: 200M BREASTSTROKE MEN 11+							Heat:8, starttime: 15:40	
Heat: 8/8 Lane : 5 Athlete: VAN WELLEN JOSEPH							Q-time: 02:20:79	
PB (25m pool): 02:15.28 Gent 09/11/2025				PB (50m pool): 02:26.28SB: 02:15.28 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		00:30.74		01:06.12		01:41.30		02:15.28
	00:30.74		00:35.38		00:35.18		00:33.98	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:6, starttime: 16:05	
Heat: 6/7 Lane : 3 Athlete: MELIS VLINDER							Q-time: 02:57:28	
PB (25m pool): 02:57.28 Heist Op Den Berg 11/01/2025				PB (50m pool): 03:07.63SB: 02:57.54 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		00:39.06		01:24.81		no time		02:57.28
	00:39.06		00:45.75					
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:7, starttime: 16:08	
Heat: 7/7 Lane : 6 Athlete: VAN DE CLOOT ELINA							Q-time: 02:45:14	
PB (25m pool): 02:45.14 Mol 20/10/2024			PB (50m pool): 02:54.18SB: 02:48.57 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		00:36.81		01:19.15		02:02.72		02:45.14
	00:36.81		00:42.34		00:43.57		00:42.42	
								

Coach feedback:

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Event number: 18: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/8 Lane : 5 Athlete: DOCHITA EDUARD					Q-time: 01:26:04
PB (25m pool): 01:43.99 Nijlen 17/11/2024					PB (50m pool): 01:23.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.52		01:43.99	
	00:49.52		00:54.47		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:19
Heat: 4/8 Lane : 8 Athlete: KEUSTERMANS LARD					Q-time: 01:13:97
PB (25m pool): 01:15.10 Nijlen 17/11/2024					PB (50m pool): 01:14.89 SB: 01:15.50 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.39		01:15.10	
	00:36.39		00:38.71		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:21
Heat: 5/8 Lane : 1 Athlete: COUVREUR FRED					Q-time: 01:12:55
PB (25m pool): 01:12.55 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:13.04 SB: 01:12.55 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.11		01:12.55	
	00:36.11		00:36.44		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:23
Heat: 6/8 Lane : 5 Athlete: DE VALCK THIBAUT					Q-time: 01:05:39
PB (25m pool): 01:05.39 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:05.11 SB: 01:05.39 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.76		01:05.39	
	00:31.76		00:33.63		
					

Coach feedback:

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Event number: 18: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:25
Heat: 7/8 Lane : 3 Athlete: OST RYAN					Q-time: 01:02:58
PB (25m pool): 01:01.55 Gent 09/11/2025					PB (50m pool): 01:04.13 SB: 01:01.55 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.43		01:01.55	
	00:29.43		00:32.12		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:34
Heat: 3/11 Lane : 6 Athlete: MELIS FEE					Q-time: 01:24:49
PB (25m pool): 01:25.34 Turnhout 02/03/2025					PB (50m pool): 01:22.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.23		01:25.34	
	00:42.23		00:43.11		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:34
Heat: 3/11 Lane : 8 Athlete: KENIS STERRE					Q-time: 01:26:68
PB (25m pool): 01:28.83 Aarschot 04/05/2025					PB (50m pool): 01:26.43 SB: 01:29.28 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.16		01:28.83	
	00:43.16		00:45.67		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:39
Heat: 5/11 Lane : 5 Athlete: ROMBOUTS FLOOR					Q-time: 01:15:27
PB (25m pool): 01:15.27 Aarschot 04/05/2025					PB (50m pool): 01:14.93 SB: 01:16.75 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.11		01:15.27	
	00:37.11		00:38.16		
					

Coach feedback:

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Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:43
Heat: 7/11 Lane : 7 Athlete: DE LETTER SOFIE					Q-time: 01:13:99
PB (25m pool): 01:13.99 Mol 29/12/2024					PB (50m pool): 01:16.44 SB: 01:16.24 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.22		01:13.99	
	00:36.22		00:37.77		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 16:47
Heat: 9/11 Lane : 1 Athlete: BOGAERTS KRISTA					Q-time: 01:11:12
PB (25m pool): 01:11.12 Mol 20/10/2024					PB (50m pool): 01:12.51 SB: 01:11.31 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.66		01:11.12	
	00:34.66		00:36.46		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 16:47
Heat: 9/11 Lane : 8 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:11:28
PB (25m pool): 01:11.28 Aarschot 04/05/2025					PB (50m pool): 01:13.15 SB: 01:12.62 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.68		01:11.28	
	00:34.68		00:36.60		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 16:51
Heat: 11/11 Lane : 8 Athlete: WILLAERT AYLA					Q-time: 01:06:99
PB (25m pool): 01:06.99 TEMSE 24/11/2024					PB (50m pool): 01:08.59 SB: 01:10.30 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.25		01:06.99	
	00:32.25		00:34.74		
					

Coach feedback: