

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

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

Coaches: Felies Jürgen

Coaches: Lammens Tim

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

Event number: 11: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/15 Lane : 4 Athlete: ROGIERS LOUIS					Q-time: 01:06:73
PB (25m pool): 01:06.43 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:08.47 SB: 01:06.43 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.68		01:06.43	
	00:31.68		00:34.75		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/15 Lane : 5 Athlete: VERHENNE TIM					Q-time: 01:02:96
PB (25m pool): 01:01.59 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:05.70 SB: 01:01.59 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.86		01:01.59	
	00:29.86		00:31.73		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/15 Lane : 8 Athlete: VAN ACHTER MAURO					Q-time: 01:03:79
PB (25m pool): 01:02.19 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:05.05 SB: 01:02.19 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.71		01:02.19	
	00:29.71		00:32.48		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:29
Heat: 4/14 Lane : 6 Athlete: BOGAERT AMANI					Q-time: 01:15:53
PB (25m pool): 01:11.99 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:15.77 SB: 01:11.99 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.34		01:11.99	
	00:35.34		00:36.65		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:35
Heat: 8/14 Lane : 2 Athlete: LAMMENS ALIX					Q-time: 01:07:47
PB (25m pool): 01:06.56 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.60 SB: 01:06.56 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.32		01:06.56	
	00:32.32		00:34.24		
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:22			
Heat: 3/8 Lane : 1 Athlete: ROGIERS LOUIS					Q-time: 03:37:10			
PB (25m pool): no time					PB (50m pool): 03:37.10 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: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:22			
Heat: 3/8 Lane : 6 Athlete: VAN ACHTER MAURO					Q-time: 03:26:21			
PB (25m pool): 03:26.21 Sinbad 26/05/2024					PB (50m pool): 03:55.85 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		no time		no time		no time		03:26.21
	no time							
								

Coach feedback:

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Event number: 18: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:17
Heat: 3/8 Lane : 7 Athlete: VERHENNE TIM					Q-time: 01:18:96
PB (25m pool): 01:18.96 Temse 22/12/2024					PB (50m pool): 01:21.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.47		01:18.96	
	00:38.47		00:40.49		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:43
Heat: 7/11 Lane : 6 Athlete: LAMMENS ALIX					Q-time: 01:13:33
PB (25m pool): 01:12.94 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:16.11 SB: 01:12.94 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.18		01:12.94	
	00:35.18		00:37.76		
					

Coach feedback: