

ALZV SPRINT CUP 2026: Session: 1: Startlist per athlete for TEAM: DIZV

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Cooreman Sarah HEADCOACH

Coaches: Dom Elize

PB => Personal Best time

Athlete: ADAMS HENRY

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY MEN 11+	3	12	2	00:34.08	00:40.59	14:33 00:50
50M BACKSTROKE MEN 11+	6	11	3	00:37.72	00:42.56	15:23 00:47
50M BREASTSTROKE MEN 11+	9	12	1	00:38.21	00:40.10	16:10 00:36
50M FREESTYLE MEN 11+	12	10	4	00:30.53	00:31.63	16:46

Athlete: BOSSUYT LIAS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY MEN 11+	3	9	2	00:37.31	00:37.07	14:30 00:53
50M BACKSTROKE MEN 11+	6	11	5	00:37.85	no time	15:23 00:44
50M BREASTSTROKE MEN 11+	9	10	5	00:41.40	00:42.33	16:07 00:39
50M FREESTYLE MEN 11+	12	10	1	00:31.94	00:32.01	16:46

Athlete: CLABAUT ELINA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	2	2	00:48.86	00:48.54	14:05 00:37
50M BACKSTROKE WOMEN 11+	5	1	4	00:40.18	no time	14:42 01:00
50M BREASTSTROKE WOMEN 11+	8	4	1	00:47.69	no time	15:42 00:45
50M FREESTYLE WOMEN 11+	11	7	5	00:32.77	no time	16:27

Athlete: DERIJCKE LAURA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	8	1	00:37.16	00:35.77	14:12 00:41
50M BACKSTROKE WOMEN 11+	5	7	2	00:38.53	00:38.25	14:53 00:52
50M BREASTSTROKE WOMEN 11+	8	7	5	00:44.23	00:47.33	15:45 00:46
50M FREESTYLE WOMEN 11+	11	10	5	00:31.53	00:30.99	16:31

Athlete: DIMITROV YOAN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY MEN 11+	3	6	2	00:41.66	no time	14:26 00:54
50M BACKSTROKE MEN 11+	6	9	1	00:40.32	00:41.09	15:20 00:48
50M BREASTSTROKE MEN 11+	9	11	5	00:40.73	00:44.68	16:08 00:29
50M FREESTYLE MEN 11+	12	2	5	00:34.45	no time	16:37

Athlete: EL HACHIMI NORA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	4	2	00:39.97	00:39.98	14:07

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50M BACKSTROKE WOMEN 11+	5	4	5	00:41.95	00:42.09	14:48	00:56
50M BREASTSTROKE WOMEN 11+	8	6	4	00:44.86	00:45.37	15:44	00:40
50M FREESTYLE WOMEN 11+	11	4	3	00:35.19	00:33.78	16:24	

Athlete: HAEZEBROUCK THIJS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	3	5	00:47.75	01:02.92	14:23	00:52
50M BACKSTROKE MEN 11+	6	6	1	00:45.19	00:46.01	15:15	00:46
50M BREASTSTROKE MEN 11+	9	5	4	00:49.20	00:49.96	16:01	00:37
50M FREESTYLE MEN 11+	12	3	4	00:38.09	00:40.02	16:38	

Athlete: MOXHET TESS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY WOMEN 11+	2	4	1	00:40.49	00:40.87	14:07	00:48
50M BACKSTROKE WOMEN 11+	5	8	3	00:36.98	00:37.07	14:55	00:48
50M BREASTSTROKE WOMEN 11+	8	5	5	00:46.46	00:47.34	15:43	00:42
50M FREESTYLE WOMEN 11+	11	5	3	00:34.06	00:33.38	16:25	

Athlete: PROPS LUKAS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	1	5	00:49.36	no time	14:20	00:58
50M BACKSTROKE MEN 11+	6	8	1	00:43.79	00:41.37	15:18	00:45
50M BREASTSTROKE MEN 11+	9	7	2	00:45.84	no time	16:03	00:38
50M FREESTYLE MEN 11+	12	5	2	00:34.24	00:35.36	16:41	

Athlete: TEAM DIZV 1

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
4x50M MEDLEY WOMEN	13	1	2			16:55	00:07
4x50M MEDLEY MEN	14	1	5			17:02	

Athlete: TEAM DIZV 2

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
4x50M MEDLEY WOMEN	13	1	5			16:55	

Athlete: VANDEROOST CLARA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY WOMEN 11+	2	5	3	00:38.71	00:42.92	14:08	00:40
50M BACKSTROKE WOMEN 11+	5	4	4	00:41.99	00:42.82	14:48	00:56
50M BREASTSTROKE WOMEN 11+	8	6	2	00:45.33	no time	15:44	00:40
50M FREESTYLE WOMEN 11+	11	4	2	00:34.75	00:35.57	16:24	

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Athlete: VERHERSTRAETEN KOBE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY MEN 11+	3	13	2	00:33.73	00:33.01	14:34 00:56
50M BACKSTROKE MEN 11+	6	15	4	00:32.57	00:33.52	15:30 00:42
50M BREASTSTROKE MEN 11+	9	14	5	00:35.39	00:37.87	16:12 00:39
50M FREESTYLE MEN 11+	12	15	4	00:27.30	00:27.98	16:51

Athlete: VERHERSTRAETEN LORE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	11	5	00:33.42	00:33.25	14:15 00:48
50M BACKSTROKE WOMEN 11+	5	13	1	00:33.13	00:33.67	15:03 00:48
50M BREASTSTROKE WOMEN 11+	8	12	2	00:38.41	00:40.16	15:51 00:43
50M FREESTYLE WOMEN 11+	11	13	2	00:28.40	00:28.86	16:34