

KZK laatste kans: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 09:00 untill 09:50. Teamleadmeeting @ 09:45

The listed starttimes are indicative!

Coaches: Meirhaeghe Jens

Coaches: Cornelis Jan Pieter

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9 Heat:1, starttime: 10:00

Heat: 1/4 Lane : 4 Athlete: GLORIEUX ALEXANDER Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): 06:12.93 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9 Heat:2, starttime: 10:08

Heat: 2/4 Lane : 3 Athlete: CORNELIS LUISA Q-time: 07:46:69

PB (50m pool): no time PB (25m pool): 07:46.69 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9 Heat:2, starttime: 10:08

Heat: 2/4 Lane : 5 Athlete: DELEUZE KATO Q-time: 07:38:66

PB (50m pool): no time PB (25m pool): 07:38.66 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

KZK laatste kans: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 10:32	
Heat: 1/7 Lane : 3 Athlete: DEKEYSER ESTELLE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time			SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 10:39	
Heat: 2/7 Lane : 4 Athlete: MERTENS XIANA							Q-time: 06:27:33	
PB (50m pool): 06:27.33 Aalst 21/12/2024			PB (25m pool): 05:39.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:40.54	01:28.12	02:16.82	03:06.82	03:57.32	04:48.18	05:38.81	06:27.33
	00:40.54	00:47.58	00:48.70	00:50.00	00:50.50	00:50.86	00:50.63	00:48.52
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 10:39	
Heat: 2/7 Lane : 6 Athlete: VANDENHOUCKE ALAÏS							Q-time: 06:53:82	
PB (50m pool): 06:53.82 La Louvi�re 25/05/2025			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:36.89	no time	03:22.56	no time	05:11.43	no time	06:53.82
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 10:39	
Heat: 2/7 Lane : 7 Athlete: VERHELST LOLA							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time			SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 10:47	
Heat: 3/7 Lane : 3 Athlete: DHOOGHE FELIZ							Q-time: 06:16:54	
PB (50m pool): no time			PB (25m pool): 06:16.54 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:6, starttime: 11:07	
Heat: 6/7 Lane : 5 Athlete: VAN OOTEGHEM KYANA							Q-time: 05:24:83	
PB (50m pool): 05:24.83 Antwerpen 14/07/2024			PB (25m pool): 04:55.85 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	05:24.83
	<i>no time</i>							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 11:20	
Heat: 1/7 Lane : 5 Athlete: NEGHLI NACIM							Q-time: 08:05:71	
PB (50m pool): no time			PB (25m pool): 08:05.71 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 11:20	
Heat: 1/7 Lane : 7 Athlete: CHAKKOR ILYAN							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 11:28	
Heat: 2/7 Lane : 7 Athlete: CROSSE NOAH							Q-time: 06:48:75	
PB (50m pool): 06:48.75 La Louvi�re 25/05/2025							PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:40.40	01:31.21	02:23.85	03:17.45	04:11.09	05:05.81	06:00.52	06:48.75
	00:40.40	00:50.81	00:52.64	00:53.60	00:53.64	00:54.72	00:54.71	00:48.23
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 11:42	
Heat: 4/7 Lane : 4 Athlete: CASIER JARNE							Q-time: 05:41:93	
PB (50m pool): 05:41.93 Antwerpen 14/07/2024							PB (25m pool): 05:46.21 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	05:41.93
	no time							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:5, starttime: 11:48	
Heat: 5/7 Lane : 5 Athlete: DE VLIAGER ELIOTT							Q-time: 05:33:50	
PB (50m pool): 05:33.50 Wezenberg Topsportbad, Antwerp 18/09/2025							PB (25m pool): 05:01.09 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:16.96	no time	02:41.43	no time	no time	no time	05:33.50
	no time							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:5, starttime: 11:48	
Heat: 5/7 Lane : 6 Athlete: VAN DAELE NAND							Q-time: 05:39:13	
PB (50m pool): 05:39.13 Aalst 21/12/2024							PB (25m pool): 05:31.85 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:34.68	01:14.75	01:57.65	02:41.66	03:26.96	04:12.30	04:57.24	05:39.13
	00:34.68	00:40.07	00:42.90	00:44.01	00:45.30	00:45.34	00:44.94	00:41.89
								

Coach feedback: