

KZK laatste kans: Session: 2: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 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: 4: 200M BUTTERFLY WOMEN 11+ Heat:1, starttime: 14:00

Heat: 1/1 Lane : 3 Athlete: VAN OOTEGHEM KYANA				Q-time: 03:09:31
PB (50m pool): 03:09.31 Aalst 22/06/2024 PB (25m pool): 02:50.20 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	no time	no time	no time	03:09.31
	no time			
				

Coach feedback:

Event number: 5: 200M BUTTERFLY MEN 11+ Heat:2, starttime: 14:09

Heat: 2/2 Lane : 8 Athlete: VAN DAELE DAAN				Q-time: 99:99:99
PB (50m pool): 02:43.13 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 02:29.73 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	no time	no time	no time	02:43.13
	no time			
				

Coach feedback:

Event number: 6: 200M MEDLEY MIXED 10-9 Heat:2, starttime: 14:18

Heat: 2/3 Lane : 7 Athlete: SARRAZIN THIBAUT				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
PB	no time	no time	no time	no time
	no time			
				

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:27
Heat: 1/4 Lane : 4 Athlete: VANDENHOUCKE ALAÏS					Q-time: 03:52:45
PB (50m pool): 03:52.45 La Louvière 25/05/2025					PB (25m pool): 03:56.84 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.15	01:54.51	02:56.75	03:52.45	
	00:55.15	00:59.36	01:02.24	00:55.70	
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:27
Heat: 1/4 Lane : 5 Athlete: DEKEYSER ESTELLE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 04:15.89 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/4 Lane : 1 Athlete: DHOOGHE FELIZ					Q-time: 03:26:43
PB (50m pool): 03:26.43 Antwerpen 13/07/2025					PB (25m pool): 03:38.91 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.44	01:41.90	02:35.28	03:26.43	
	00:48.44	00:53.46	00:53.38	00:51.15	
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/4 Lane : 7 Athlete: MERTENS XIANA					Q-time: 03:23:56
PB (50m pool): 03:23.56 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 03:04.73 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:23.56	
	no time				
					

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 14:45
Heat: 1/7 Lane : 5 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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 14:49
Heat: 2/7 Lane : 5 Athlete: VAN DEN HAUTE EMILE					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 14:54
Heat: 3/7 Lane : 4 Athlete: CROSSE NOAH					Q-time: 03:19:88
PB (50m pool): 03:19.88 Antwerpen 13/07/2025 PB (25m pool): 03:25.87 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.85	01:38.50	02:31.85	03:19.88	
	00:44.85	00:53.65	00:53.35	00:48.03	
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 14:54
Heat: 3/7 Lane : 8 Athlete: NEGHLI NACIM					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN 11+					Heat:4, starttime: 14:59
Heat: 4/7 Lane : 2 Athlete: CASIER JARNE					Q-time: 03:04:52
PB (50m pool): 03:04.52 Antwerpen 13/07/2025					PB (25m pool): 03:06.24 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.70	01:31.73	02:19.36	03:04.52	
	00:44.70	00:47.03	00:47.63	00:45.16	
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:7, starttime: 15:11
Heat: 7/7 Lane : 8 Athlete: VAN DAELE DAAN					Q-time: 02:23:27
PB (50m pool): 02:23.27 Antwerpen 20/04/2025					PB (25m pool): 02:19.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.00	01:09.05	01:45.99	02:23.27	
	00:33.00	00:36.05	00:36.94	00:37.28	
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:19
Heat: 2/4 Lane : 2 Athlete: VERHELST LOLA					Q-time: 03:49:32
PB (50m pool): 03:49.32 Antwerpen 13/07/2025					PB (25m pool): 03:54.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.60	01:48.90	02:49.04	03:49.32	
	00:49.60	00:59.30	01:00.14	01:00.28	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:35
Heat: 2/4 Lane : 4 Athlete: DE VLIAGER ELIOTT					Q-time: 03:12:69
PB (50m pool): 03:12.69 MOUSCRON 29/05/2025					PB (25m pool): 02:55.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.81	01:32.84	02:22.75	03:12.69	
	00:42.81	00:50.03	00:49.91	00:49.94	
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:39
Heat: 3/4 Lane : 2 Athlete: VAN DAELE NAND					Q-time: 03:07:15
PB (50m pool): 03:07.15 Antwerpen 13/07/2025					PB (25m pool): 02:53.22 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.80	01:31.44	02:18.68	03:07.15	
	00:42.80	00:48.64	00:47.24	00:48.47	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:43
Heat: 4/4 Lane : 5 Athlete: VANDORPE DANTE					Q-time: 02:41:87
PB (50m pool): 02:41.87 Antwerpen 28/07/2024					PB (25m pool): 02:33.70 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:41.87	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:43
Heat: 4/4 Lane : 8 Athlete: BONNARENS DRIES					Q-time: 02:58:95
PB (50m pool): 02:58.95 Wezenberg Topsportbad, Antwerp 18/07/2024					PB (25m pool): 02:51.94 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.85	no time	02:58.95	
	no time				
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:01
Heat: 2/3 Lane : 2 Athlete: MERTENS XIANA					Q-time: 02:38:81
PB (50m pool): 02:38.81 Antwerpen 13/07/2025					PB (25m pool): 02:43.50 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.42	01:16.90	01:58.88	02:38.81	
	00:36.42	00:40.48	00:41.98	00:39.93	
					

Coach feedback:

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Event number: 12: 200M FREESTYLE MEN 11+					Heat:1, starttime: 16:07
Heat: 1/4 Lane : 7 Athlete: NEGHLI NACIM					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:1, starttime: 16:07
Heat: 1/4 Lane : 8 Athlete: VAN DEN HAUTE EMILE					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:2, starttime: 16:11
Heat: 2/4 Lane : 8 Athlete: DE VLIEGER ELIOTT					Q-time: 02:49:21
PB (50m pool): 02:49.21 Aalst 21/12/2024 PB (25m pool): 02:23.85 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.42	01:22.36	02:06.99	02:49.21	
	00:38.42	00:43.94	00:44.63	00:42.22	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 16:21
Heat: 1/6 Lane : 5 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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 13: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 16:25
Heat: 2/6 Lane : 1 Athlete: VANDENHOUCKE ALAÏS					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 16:25
Heat: 2/6 Lane : 2 Athlete: DHOOGHE FELIZ					Q-time: 03:34:05
PB (50m pool): 03:34.05 Antwerpen 13/07/2025 PB (25m pool): 03:21.98 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.30	01:41.26	02:47.60	03:34.05	
	00:49.30	00:51.96	01:06.34	00:46.45	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 16:25
Heat: 2/6 Lane : 7 Athlete: VERHELST LOLA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:37.61 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 16:36
Heat: 5/6 Lane : 4 Athlete: VAN OOTEGHEM KYANA					Q-time: 02:45:32
PB (50m pool): 02:45.32 Antwerpen 20/04/2025 PB (25m pool): 02:41.96 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.90	01:17.76	02:07.91	02:45.32	
	00:35.90	00:41.86	00:50.15	00:37.41	
					

Coach feedback:

KZK laatste kans: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 14: 200M MEDLEY MEN 11+					Heat:1, starttime: 16:43
Heat: 1/7 Lane : 2 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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:1, starttime: 16:43
Heat: 1/7 Lane : 6 Athlete: CROSSE NOAH					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:3, starttime: 16:51
Heat: 3/7 Lane : 3 Athlete: CASIER JARNE					Q-time: 03:02:28
PB (50m pool): 03:02.28 Antwerpen 13/07/2025 PB (25m pool): 02:57.22 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.27	01:32.94	02:23.09	03:02.28	
	00:45.27	00:47.67	00:50.15	00:39.19	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:5, starttime: 16:59
Heat: 5/7 Lane : 6 Athlete: BONNARENS DRIES					Q-time: 02:45:36
PB (50m pool): 02:45.36 Antwerpen 13/07/2025 PB (25m pool): 02:36.75 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.43	01:21.26	02:08.16	02:45.36	
	00:37.43	00:43.83	00:46.90	00:37.20	
					

Coach feedback:

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Event number: 14: 200M MEDLEY MEN 11+					Heat:5, starttime: 16:59
Heat: 5/7 Lane : 8 Athlete: VAN DAELE NAND					Q-time: 02:50:33
PB (50m pool): 02:50.33 Antwerpen 20/07/2025					PB (25m pool): 02:45.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.98	01:22.49	02:10.89	02:50.33	
	00:37.98	00:44.51	00:48.40	00:39.44	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:7, starttime: 17:05
Heat: 7/7 Lane : 4 Athlete: VAN DAELE DAAN					Q-time: 02:16:15
PB (50m pool): 02:16.15 Antwerpen 27/07/2025					PB (25m pool): 02:14.57 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.68	01:03.25	01:43.13	02:16.15	
	00:28.68	00:34.57	00:39.88	00:33.02	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:7, starttime: 17:05
Heat: 7/7 Lane : 6 Athlete: VANDORPE DANTE					Q-time: 02:24:67
PB (50m pool): 02:24.67 Antwerpen 27/07/2025					PB (25m pool): 02:23.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.20	01:08.39	01:50.33	02:24.67	
	00:30.20	00:38.19	00:41.94	00:34.34	
					

Coach feedback: