

FSC 2026: Session: 3: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Wallemacq Justine HEADCOACH

Coaches: Terryen Julien

PB => Personal Best time

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

Event number: 13: 100M FREESTYLE MEN **Heat:4, starttime: 09:50**

Heat: 4/12 Lane : 7 Athlete: VAN DAELE DAAN **Q-time: 00:55:60**

PB (50m pool): 00:55.60 Antwerpen 27/07/2025 **PB (25m pool): 00:54.82 SB: no time**

	5 0 M	1 0 0 M	
PB	00:26.40	00:55.60	
	<i>00:26.40</i>	<i>00:29.20</i>	
	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN **Heat:4, starttime: 10:28**

Heat: 4/7 Lane : 4 Athlete: BEIJNSBERGER MARE **Q-time: 00:29:63**

PB (50m pool): 00:29.63 Antwerpen 27/07/2025 **PB (25m pool): 00:33.71 SB: 00:31.22 Antwerpen 08/03/2026**

	5 0 M	
PB	00:29.63	
	<i>00:29.63</i>	
	

Coach feedback:

Event number: 17: 50M BREASTSTROKE MEN **Heat:2, starttime: 10:34**

Heat: 2/9 Lane : 4 Athlete: VANDORPE DANTE **Q-time: 00:32:48**

PB (50m pool): 00:32.24 ANTWERPEN 30/07/2023 **PB (25m pool): 00:32.02 SB: 00:33.07 Lochristi 01/02/2026**

	5 0 M	
PB	00:32.24	
	<i>00:32.24</i>	
	

Coach feedback:

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Event number: 18: 200M BACKSTROKE WOMEN					Heat:4, starttime: 10:53	
Heat: 4/4 Lane : 2 Athlete: BEIJNSBERGER MARE					Q-time: 02:25:91	
PB (50m pool): 02:25.91 Antwerpen 27/07/2025			PB (25m pool): 02:26.71 SB: 02:34.20 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.71	01:09.75	01:48.01	02:25.91		
	<i>00:32.71</i>	<i>00:37.04</i>	<i>00:38.26</i>	<i>00:37.90</i>		
		

Coach feedback:

Event number: 20: 100M FREESTYLE WOMEN			Heat:3, starttime: 11:13		
Heat: 3/8 Lane : 5 Athlete: BEIJNSBERGER MARE			Q-time: 01:00:81		
PB (50m pool): 01:00.81 Antwerpen 27/07/2025		PB (25m pool): 01:00.64 SB: 01:02.85 Lochristi 01/02/2026			
	5 0 M	1 0 0 M			
PB	00:28.98	01:00.81			
	<i>00:28.98</i>	<i>00:31.83</i>			
			

Coach feedback:

Event number: 21: 400M MEDLEY MEN						Heat:1, starttime: 11:22		
Heat: 1/3 Lane : 2 Athlete: VAN DAELE DAAN						Q-time: 04:50:10		
PB (50m pool): 04:50.10 Antwerpen 27/07/2025			PB (25m pool): 04:49.57 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	00:31.32	01:06.71	01:44.25	02:21.06	03:01.80	03:43.43	04:17.59	04:50.10
	<i>00:31.32</i>	<i>00:35.39</i>	<i>00:37.54</i>	<i>00:36.81</i>	<i>00:40.74</i>	<i>00:41.63</i>	<i>00:34.16</i>	<i>00:32.51</i>

Coach feedback:

Event number: 23: 800M FREESTYLE MEN						Heat:1, starttime: 11:49		
Heat: 1/1 Lane : 4 Athlete: VAN DAELE DAAN						Q-time: 09:18:01		
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>							

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
