

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

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

Coaches: Cornelis Jan Pieter

Coaches: Meirhaeghe Jens

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:00
Heat: 1/13 Lane : 3 Athlete: VRAMBOUT MAURICE					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:00
Heat: 1/13 Lane : 5 Athlete: DEGALLAIX MATHIAS					Q-time: 01:27:84
PB (25m pool): 01:27.84 LEUVEN 23/11/2025 PB (50m pool): no time SB: 01:27.84 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.65		01:27.84	
	00:40.65 00:47.19				
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 14:04
Heat: 3/13 Lane : 7 Athlete: DELOGE SACHA					Q-time: 01:13:18
PB (25m pool): 01:13.18 LEUVEN 23/11/2025 PB (50m pool): no time SB: 01:13.18 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.64		01:13.18	
	00:33.64 00:39.54				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 1: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/13 Lane : 5 Athlete: DE VLIEGER ELIOTT					Q-time: 01:06:84
PB (25m pool): 01:06.84 Temse 17/11/2025					PB (50m pool): 01:09.78 SB: 01:06.84 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.58		01:06.84	
	00:31.58		00:35.26		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/13 Lane : 1 Athlete: BONNARENS DRIES					Q-time: 01:04:65
PB (25m pool): 01:04.65 T ROSCO 12/10/2025					PB (50m pool): 01:06.85 SB: 01:04.65 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.65	
	no time				
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/13 Lane : 5 Athlete: VAN DAELE NAND					Q-time: 01:03:44
PB (25m pool): 01:03.44 Temse 17/11/2025					PB (50m pool): 01:08.56 SB: 01:03.44 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.98		01:03.44	
	00:29.98		00:33.46		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/13 Lane : 6 Athlete: BLOMMAERT CÉLIAN					Q-time: 01:04:03
PB (25m pool): 01:04.03 LEUVEN 23/11/2025					PB (50m pool): 01:06.78 SB: 01:04.03 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.86		01:04.03	
	00:29.86		00:34.17		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 1: 100M FREESTYLE MEN 11+					Heat:10, starttime: 14:14
Heat: 10/13 Lane : 4 Athlete: VANDORPE DANTE					Q-time: 00:57:28
PB (25m pool): 00:57.28 Temse 22/12/2024					PB (50m pool): 00:58.28 SB: 00:58.01 Eeklo 21/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.35		00:57.28	
	00:27.35		00:29.93		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/13 Lane : 2 Athlete: VAN DAELE DAAN					Q-time: 00:54:82
PB (25m pool): 00:54.82 T ROSCO 12/10/2025					PB (50m pool): 00:55.60 SB: 00:54.82 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.27		00:54.82	
	00:26.27		00:28.55		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:20
Heat: 1/12 Lane : 5 Athlete: DEKEYSER ESTELLE					Q-time: 01:30:14
PB (25m pool): 01:30.14 Eeklo 21/09/2025					PB (50m pool): 01:30.07 SB: 01:30.14 Eeklo 21/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.11		01:30.14	
	00:43.11		00:47.03		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/12 Lane : 3 Athlete: VERHELST LOLA					Q-time: 01:24:75
PB (25m pool): 01:24.75 Eeklo 21/09/2025					PB (50m pool): 01:30.07 SB: 01:24.75 Eeklo 21/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.16		01:24.75	
	00:40.16		00:44.59		
					

Coach feedback:

Laatste kans Vita:
 Session: 1:
 COACH evaluation sheet for TEAM: RSC

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:24
Heat: 3/12 Lane : 8 Athlete: DHOOGHE FELIZ					Q-time: 01:21:69
PB (25m pool): 01:21.69 T ROSCO 12/10/2025					PB (50m pool): 01:24.37 SB: 01:21.69 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.69	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 5 Athlete: MERTENS XIANA					Q-time: 01:10:35
PB (25m pool): 01:10.35 LEUVEN 23/11/2025					PB (50m pool): 01:12.12 SB: 01:10.35 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.25		01:10.35	
	00:34.25		00:36.10		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:34
Heat: 9/12 Lane : 8 Athlete: VAN OOTEGHEM KYANA					Q-time: 01:06:31
PB (25m pool): 01:06.31 LEUVEN 23/11/2025					PB (50m pool): 01:08.81 SB: 01:06.31 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.62		01:06.31	
	00:31.62		00:34.69		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:35
Heat: 10/12 Lane : 5 Athlete: VAN DAELE LORE					Q-time: 01:03:23
PB (25m pool): 01:03.10 Temse 23/12/2023					PB (50m pool): 01:04.21 SB: 01:04.40 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.10	
	no time				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 14:40
Heat: 1/3 Lane : 5 Athlete: DELEUZE KATO					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 5 Athlete: SARRAZIN THIBAUT					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 7 Athlete: CORNELIS LUISA					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 14:51	
Heat: 2/6 Lane : 2 Athlete: VRAMBOUT MAURICE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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:

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Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 14:51	
Heat: 2/6 Lane : 5 Athlete: DEGALLAIX MATHIAS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			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: 4: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 14:55	
Heat: 3/6 Lane : 1 Athlete: DELOGE SACHA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			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: 4: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 15:00	
Heat: 4/6 Lane : 6 Athlete: BLOMMAERT CÉLIAN							Q-time: 03:12:55	
PB (25m pool): 03:12.55 LAGO Zwevegem 20/05/2024				PB (50m pool): no time 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		03:12.55
	no time							
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:04	
Heat: 5/6 Lane : 6 Athlete: BONNARENS DRIES							Q-time: 02:51:94	
PB (25m pool): 02:51.94 Gent 23/02/2025			PB (50m pool): 02:58.95 SB: 02:52.00 T ROSCO 12/10/2025					
	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		00:38.25		01:22.80		02:08.06		02:51.94
	00:38.25		00:44.55		00:45.26		00:43.88	
								

Coach feedback:

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 Session: 1:
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Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:6, starttime: 15:07	
Heat: 6/6 Lane : 2 Athlete: VAN DAELE DAAN							Q-time: 02:40:23	
PB (25m pool): 02:40.23 T ROSCO 20/10/2024				PB (50m pool): 03:08.27 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		00:35.36		01:15.37		01:57.93		02:40.23
	00:35.36		00:40.01		00:42.56		00:42.30	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:6, starttime: 15:07	
Heat: 6/6 Lane : 6 Athlete: VANDORPE DANTE							Q-time: 02:33:70	
PB (25m pool): 02:33.70 Mons 29/03/2025				PB (50m pool): 02:41.87 SB: 02:38.36 T ROSCO 12/10/2025				
	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		00:34.11		01:12.98		01:53.60		02:33.70
	00:34.11		00:38.87		00:40.62		00:40.10	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:10	
Heat: 1/5 Lane : 3 Athlete: VANDENHOUCKE ALAÏS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 04:22.49 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: 5: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:23	
Heat: 4/5 Lane : 4 Athlete: VAN OOTEGHEM KYANA							Q-time: 03:10:58	
PB (25m pool): 03:10.58 Temse 22/12/2024				PB (50m pool): 03:12.03SB: 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		00:42.90		01:31.75		02:21.32		03:10.58
	00:42.90		00:48.85		00:49.57		00:49.26	
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 6: 100M MEDLEY MEN 11+					Heat:4, starttime: 15:37
Heat: 4/7 Lane : 8 Athlete: VAN DAELE NAND					Q-time: 01:17:47
PB (25m pool): 01:17.47 Temse 22/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.12		01:17.47	
	00:36.12		00:41.35		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:43
Heat: 1/9 Lane : 2 Athlete: DEKEYSER ESTELLE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:43
Heat: 1/9 Lane : 5 Athlete: VANDENHOUCKE ALAÏS					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:46
Heat: 2/9 Lane : 1 Athlete: DHOOGHE FELIZ					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Laatste kans Vita:
 Session: 1:
 COACH evaluation sheet for TEAM: RSC

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:46
Heat: 2/9 Lane : 4 Athlete: VERHELST LOLA					Q-time: 01:47:82
PB (25m pool): 01:47.82 Mons 23/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.80		01:47.82	
	00:49.80		00:58.02		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:48
Heat: 3/9 Lane : 3 Athlete: MERTENS XIANA					Q-time: 01:29:33
PB (25m pool): 01:29.33 Temse 22/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.87		01:29.33	
	00:42.87		00:46.46		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:55
Heat: 7/9 Lane : 1 Athlete: VAN DAELE LORE					Q-time: 01:14:92
PB (25m pool): 01:14.92 Sinbad 22/07/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.92	
	no time				
					

Coach feedback:

Event number: 8: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 16:00	
Heat: 1/3 Lane : 4 Athlete: DE VLIEGER ELIOTT							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 16:19
Heat: 1/3 Lane : 3 Athlete: CORNELIS LUISA					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 16:19
Heat: 1/3 Lane : 4 Athlete: SARRAZIN THIBAUT					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 16:19
Heat: 1/3 Lane : 5 Athlete: DELEUZE KATO					Q-time: 99:99:99
PB (25m pool): 01:23.12 Gent 23/02/2025 PB (50m pool): 01:22.96 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.31		01:23.12	
	00:39.31		00:43.81		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:25
Heat: 1/9 Lane : 7 Athlete: DEGALLAIX MATHIAS					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:25
Heat: 1/9 Lane : 8 Athlete: VRAMBOUT MAURICE					Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/9 Lane : 7 Athlete: DELOGE SACHA					Q-time: 01:26:02
PB (25m pool): 01:26.02 LEUVEN 23/11/2025			PB (50m pool): no time SB: 01:26.02 LEUVEN 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.15		01:26.02	
	00:40.15		00:45.87		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:38
Heat: 7/9 Lane : 2 Athlete: BLOMMAERT CÉLIAN					Q-time: 01:10:35
PB (25m pool): 01:10.35 LEUVEN 23/11/2025			PB (50m pool): 01:14.42 SB: 01:10.35 LEUVEN 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.37		01:10.35	
	00:34.37		00:35.98		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:43
Heat: 1/11 Lane : 7 Athlete: DEKEYSER ESTELLE					Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): 01:46.51 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 8 Athlete: VANDENHOUCKE ALAÏS					Q-time: 01:47:71
PB (25m pool): 01:47.71 Mons 28/06/2025					PB (50m pool): 01:39.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.79		01:47.71	
	00:52.79		00:54.92		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:49
Heat: 3/11 Lane : 2 Athlete: VERHELST LOLA					Q-time: 01:35:73
PB (25m pool): 01:35.73 LEUVEN 23/11/2025					PB (50m pool): 01:48.55 SB: 01:35.73 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.56		01:35.73	
	00:45.56		00:50.17		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:51
Heat: 4/11 Lane : 6 Athlete: DHOOGHE FELIZ					Q-time: 01:31:03
PB (25m pool): 01:31.03 T ROSCO 12/10/2025					PB (50m pool): 01:36.51 SB: 01:31.03 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.03	
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 1 Athlete: MERTENS XIANA					Q-time: 01:25:11
PB (25m pool): 01:25.11 LEUVEN 23/11/2025					PB (50m pool): 01:26.46 SB: 01:25.11 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.35		01:25.11	
	00:41.35		00:43.76		
					

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 17:02
Heat: 9/11 Lane : 4 Athlete: VAN DAELE LORE					Q-time: 01:12:34
PB (25m pool): 01:12.34 Gent 23/02/2025					PB (50m pool): 01:13.13 SB: 01:14.87 Eeklo 21/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.25		01:12.34	
	00:35.25		00:37.09		
					

Coach feedback:

Event number: 13: 400M MEDLEY MEN 11+					Heat:1, starttime: 17:07			
Heat: 1/2 Lane : 7 Athlete: VAN DAELE NAND					Q-time: 06:08:06			
PB (25m pool): 06:08.06 Temse 22/12/2024					PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.78		01:30.49		02:16.31		03:01.75
	00:39.78		00:50.71		00:45.82		00:45.44	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:51.88		04:45.01		05:28.21		06:08.06
	00:50.13		00:53.13		00:43.20		00:39.85	
								

Coach feedback:

Event number: 13: 400M MEDLEY MEN 11+					Heat:2, starttime: 17:14			
Heat: 2/2 Lane : 2 Athlete: VANDORPE DANTE					Q-time: 05:09:58			
PB (25m pool): 05:00.74 Temse 23/12/2023					PB (50m pool): 05:06.25 SB: 05:09.58 T ROSCO 12/10/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:00.74
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 13: 400M MEDLEY MEN 11+							Heat:2, starttime: 17:14	
Heat: 2/2 Lane : 4 Athlete: VAN DAELE DAAN							Q-time: 04:49:57	
PB (25m pool): 04:49.57 T ROSCO 12/10/2025				PB (50m pool): 04:50.10 SB: 04:49.57 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.30		01:05.22		01:41.48		02:17.87
	00:30.30		00:34.92		00:36.26		00:36.39	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:58.54		03:41.22		04:15.91		04:49.57
	00:40.67		00:42.68		00:34.69		00:33.66	
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 4 Athlete: VAN OOTEGHEM KYANA							Q-time: 05:50:75	
PB (25m pool): 05:50.75 Temse 22/12/2024				PB (50m pool): 05:53.64SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.24		01:19.92		02:05.43		02:48.39
	00:37.24		00:42.68		00:45.51		00:42.96	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:39.68		04:31.17		05:11.48		05:50.75
	00:51.29		00:51.49		00:40.31		00:39.27	
								

Coach feedback:

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 17:42	
Heat: 2/3 Lane : 3 Athlete: TEAM RSC 1							Q-time: 02:06:65	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:51	
Heat: 2/3 Lane : 7 Athlete: TEAM RSC 1							Q-time: 02:28:78	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: