

Reg Crit dag4: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Cornelis Jan Pieter

Coaches: Terryen Julien

PB => Personal Best time

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

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:4, starttime: 14:11

Heat: 4/21 Lane : 4 Athlete: TABARY HORTENSE				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: 2: 100M MEDLEY WOMEN 11+ Heat:10, starttime: 14:26

Heat: 10/21 Lane : 1 Athlete: CORNELIS LUISA				Q-time: 02:02:80
PB (25m pool): 02:02.80 Temse 21/12/2025		PB (50m pool): no time SB: 02:02.80 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		01:01.36		02:02.80
	01:01.36			01:01.44
				

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:10, starttime: 14:26

Heat: 10/21 Lane : 4 Athlete: VANDENHOUCKE ALAÏS				Q-time: 01:41:07
PB (25m pool): 01:41.07 Temse 21/12/2025		PB (50m pool): no time SB: 01:41.07 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:46.68		01:41.07
	00:46.68			00:54.39
				

Coach feedback:

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Event number: 2: 100M MEDLEY WOMEN 11+					Heat:13, starttime: 14:32
Heat: 13/21 Lane : 5 Athlete: TABARY OCTAVIE					Q-time: 01:29:70
PB (25m pool): 01:29.70 Tournai 18/01/2026					PB (50m pool): no time SB: 01:29.70 Tournai 18/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.87		01:29.70	
	00:30.87		00:58.83		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 14:46
Heat: 21/21 Lane : 5 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: 01:15.20 Temse 21/12/2025
	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: 3: 100M MEDLEY MEN 11+					Heat:2, starttime: 14:50
Heat: 2/17 Lane : 5 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: 3: 100M MEDLEY MEN 11+					Heat:11, starttime: 15:10
Heat: 11/17 Lane : 5 Athlete: CASIER JARNE					Q-time: 01:28:92
PB (25m pool): 01:28.92 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		01:28.92	
	no time				
					

Coach feedback:

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Event number: 3: 100M MEDLEY MEN 11+					Heat:14, starttime: 15:16
Heat: 14/17 Lane : 2 Athlete: VAN DAELE NAND					Q-time: 01:14:68
PB (25m pool): 01:14.68 Temse 21/12/2025					PB (50m pool): no time SB: 01:14.68 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.22		01:14.68	
	00:34.22		00:40.46		
					

Coach feedback:

Event number: 5: 200M BUTTERFLY MEN 11+							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 1 Athlete: CASIER JARNE							Q-time: 03:44:70	
PB (25m pool): 03:44.70 Sinbad 23/07/2024				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		03:44.70
	no time							
								

Coach feedback:

Event number: 5: 200M BUTTERFLY MEN 11+							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 5 Athlete: VAN DAELE NAND							Q-time: 03:20:73	
PB (25m pool): 03:20.73 Mons 29/03/2025				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		00:44.14		01:35.54		02:28.44		03:20.73
	00:44.14		00:51.40		00:52.90		00:52.29	
								

Coach feedback:

Event number: 5: 200M BUTTERFLY MEN 11+							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 6 Athlete: BLOMMAERT CÉLIAN							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: 7: 50M FREESTYLE WOMEN 11+			Heat:1, starttime: 15:43
Heat: 1/15 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	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:45
Heat: 3/15 Lane : 3 Athlete: TABARY OCTAVIE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:48
Heat: 6/15 Lane : 3 Athlete: VANDENHOUCKE ALAÏS			Q-time: 00:37:69
PB (25m pool): 00:37.69 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:36.86 SB: 00:37.69 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	
PB		00:37.69	
	00:37.69		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:8, starttime: 15:50
Heat: 8/15 Lane : 6 Athlete: TABARY HORTENSE			Q-time: 00:36:24
PB (25m pool): 00:36.24 Eeklo 21/09/2025			PB (50m pool): 00:37.55 SB: 00:36.24 Eeklo 21/09/2025
	2 5 M	5 0 M	
PB		00:36.24	
	00:36.24		
			

Coach feedback:

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Event number: 7: 50M FREESTYLE WOMEN 11+										Heat:15, starttime: 15:57																			
Heat: 15/15 Lane : 3 Athlete: VAN DAELE LORE																				Q-time: 00:29:78									
PB (25m pool): 00:29.78 Eeklo 21/09/2025										PB (50m pool): 00:30.23 SB: 00:29.78 Eeklo 21/09/2025																			
	2 5 M				5 0 M																								
PB					00:29.78																								
	00:29.78																												
																													

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+							Heat:4, starttime: 16:01		
Heat: 4/9 Lane : 3 Athlete: VRAMBOUT MAURICE							Q-time: 00:34:64		
PB (25m pool): 00:34.64 Sint-Amandsberg 19/10/2025							PB (50m pool): no time SB: 00:34.64 Sint-Amandsberg 19/10/2025		
	2 5 M		5 0 M						
PB			00:34.64						
			00:34.64						
									

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+							Heat:8, starttime: 16:04		
Heat: 8/9 Lane : 6 Athlete: BLOMMAERT CéLIAN							Q-time: 00:29:46		
PB (25m pool): 00:29.46 Eeklo 21/09/2025				PB (50m pool): 00:30.66SB: 00:29.46 Eeklo 21/09/2025					
	2 5 M		5 0 M						
PB			00:29.46						
			00:29.46						
									

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:15	
Heat: 3/16 Lane : 1 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	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:

Reg Crit dag4: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 16:19	
Heat: 4/16 Lane : 2 Athlete: TABARY HORTENSE							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: 9: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 16:19	
Heat: 4/16 Lane : 5 Athlete: TABARY OCTAVIE							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: 9: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 16:32	
Heat: 7/16 Lane : 2 Athlete: VANDENHOUCKE ALAÏS							Q-time: 03:35:60	
PB (25m pool): 03:35.60 Sint-Niklaas 28/12/2025			PB (50m pool): 03:52.45 SB: 03:35.60 Sint-Niklaas 28/12/2025					
	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		00:51.34		01:46.29		no time		03:35.60
	00:51.34		00:54.95					
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:16, starttime: 17:07	
Heat: 16/16 Lane : 3 Athlete: VAN DAELE LORE							Q-time: 02:34:33	
PB (25m pool): 02:34.33 Gent 23/02/2025			PB (50m pool): 02:38.49SB: 02:40.83 Sint-Niklaas 28/12/2025					
	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		00:36.51		01:15.22		01:55.05		02:34.33
	00:36.51		00:38.71		00:39.83		00:39.28	
								

Coach feedback:

Reg Crit dag4: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 17:24	
Heat: 4/13 Lane : 1 Athlete: VAN DAELE NAND							Q-time: 99:99:99	
PB (25m pool): 02:49.68 Sinbad 29/12/2024				PB (50m pool): 02:51.73SB: 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		00:39.69		01:22.68		no time		02:49.68
	00:39.69		00:42.99					
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 17:42	
Heat: 8/13 Lane : 1 Athlete: CASIER JARNE							Q-time: 03:06:24	
PB (25m pool): 03:06.24 Sinbad 30/12/2023				PB (50m pool): 03:00.55 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		03:06.24
	no time							
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 17:42	
Heat: 8/13 Lane : 6 Athlete: VRAMBOUT MAURICE							Q-time: 03:07:90	
PB (25m pool): 03:07.90 Sint-Niklaas 28/12/2025				PB (50m pool): no time SB: 03:07.90 Sint-Niklaas 28/12/2025				
	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		00:45.59		01:34.48		no time		03:07.90
	00:45.59		00:48.89					
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:11, starttime: 17:53	
Heat: 11/13 Lane : 1 Athlete: BLOMMAERT CÉLIAN							Q-time: 02:40:46	
PB (25m pool): 02:40.46 Mons 29/03/2025				PB (50m pool): 02:39.31 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		00:37.69		01:18.01		01:59.83		02:40.46
	00:37.69		00:40.32		00:41.82		00:40.63	
								

Coach feedback: