ROV dag5: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 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: 200M FREESTYLE MIXED 10-9 Heat:1, starttime: 14:00

Heat: 1/2 Lane : 4 Athlete: DELEUZE LOTTE **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MIXED 10-9 Heat:2, starttime: 14:04

Heat: 2/2 Lane : 5 Athlete: FOURMARIER OLIVIA-ROSE **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MIXED 10-9 Heat:2, starttime: 14:04

Heat: 2/2 Lane : 6 Athlete: HADI LEENA **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:13

Heat: 3/14 Lane : 5 Athlete: CORNELIS LUISA — **Q-time: 01:45:43**

PB (25m pool): 01:45.43 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 01:45.43 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:51.53		01:45.43	
		00:51.53		*00:53.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:15

Heat: 4/14 Lane : 8 Athlete: DELEUZE KATO — **Q-time: 01:38:80**

PB (25m pool): 01:23.12 Gent 23/02/2025 **PB (50m pool):** 01:22.96 **SB:** 01:38.80 Tournai 18/01/2026

	25 M	50 M	75 M	100 M	
PB		00:39.31		01:23.12	
		00:39.31		*00:43.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:19

Heat: 6/14 Lane : 8 Athlete: DEKEYSER ESTELLE — **Q-time: 01:26:48**

PB (25m pool): 01:26.48 Temse 21/12/2025 **PB (50m pool):** 01:25.43 **SB:** 01:26.48 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:40.31		01:26.48	
		00:40.31		*00:46.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:23

Heat: 8/14 Lane : 2 Athlete: VANDENHOUCKE ALAïS — **Q-time: 01:19:22**

PB (25m pool): 01:19.22 Tournai 18/01/2026 **PB (50m pool):** 01:19.66 **SB:** 01:19.22 Tournai 18/01/2026

	25 M	50 M	75 M	100 M	
PB		00:38.15		01:19.22	
		00:38.15		*00:41.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 14:38

Heat: 2/11 Lane : 6 Athlete: LISON ARTHUR — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 14:42

Heat: 4/11 Lane : 1 Athlete: GLORIEUX ALEXANDER — **Q-time: 01:23:12**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 16:09

Heat: 3/8 Lane : 4 Athlete: CORNELIS LUISA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 16:14

Heat: 4/8 Lane : 3 Athlete: DEKEYSER ESTELLE — **Q-time: 04:44.63**

PB (25m pool): 04:44.63 Mons 29/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		01:06.67		02:19.19		03:32.24		04:44.63
		01:06.67		*01:12.52*		*01:13.05*		*01:12.39*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 16:14

Heat: 4/8 Lane : 6 Athlete: DELEUZE KATO — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 16:19

Heat: 5/8 Lane : 8 Athlete: VANDENHOUCKE ALAïS — **Q-time: 03:57:06**

PB (25m pool): 03:57.06 Temse 21/12/2025 **PB (50m pool):** 04:22.49 **SB:** 03:57.06 Temse 21/12/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:54.03		01:54.56		02:56.28		03:57.06
	00:54.03		*01:00.53*		*01:01.72*		*01:00.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:36

Heat: 1/7 Lane : 6 Athlete: LISON ARTHUR — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:3, starttime: 16:46

Heat: 3/7 Lane : 6 Athlete: GLORIEUX ALEXANDER — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 17:09

Heat: 2/12 Lane : 7 Athlete: CORNELIS LUISA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 17:11

Heat: 3/12 Lane : 4 Athlete: DELEUZE KATO — **Q-time: 01:08:84**

PB (25m pool): no time **PB (50m pool):** 01:08.84 **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:4, starttime: 17:12

Heat: 4/12 Lane : 1 Athlete: DEKEYSER ESTELLE — **Q-time: 00:53:32**

PB (25m pool): no time **PB (50m pool):** 00:53.32 **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 17:14

Heat: 5/12 Lane : 7 Athlete: VANDENHOUCKE ALAïS — **Q-time: 00:46:21**

PB (25m pool): 00:46.21 Sinbad 05/10/2025 **PB (50m pool):** 00:42.62 **SB:** 00:46.21 Sinbad 05/10/2025

	25 M	50 M	
PB		00:46.21	
		00:46.21	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 17:25
Heat: 2/9 Lane : 2 Athlete: LISON ARTHUR			**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: 10: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 17:25
Heat: 2/9 Lane : 3 Athlete: GLORIEUX ALEXANDER			**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: