

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Wallemacq Justine HEADCOACH

Coaches: Vandorpe Aaron

Coaches: Meirhaeghe Jens

Coaches: Terryn Julien

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 13:30
Heat: 1/11 Lane : 3 Athlete: DELEUZE KATO			Q-time: 02:15:59
PB (50m pool): 02:00.85 MOUSCRON 29/05/2025			PB (25m pool): 02:14.01 SB: 02:15.59 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:55.71	02:00.85	
	00:55.71	01:05.14	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 13:30
Heat: 1/11 Lane : 5 Athlete: DEKEYSER ESTELLE			Q-time: 02:13:10
PB (50m pool): 02:13.10 La Louvière 29/11/2025			PB (25m pool): no time SB: 02:13.10 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	01:02.44	02:13.10	
	01:02.44	01:10.66	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 13:33
Heat: 2/11 Lane : 2 Athlete: VANDENHOUCKE ALAÏS			Q-time: 01:56:71
PB (50m pool): 01:56.71 La Louvière 29/11/2025			PB (25m pool): 01:59.66 SB: 01:56.71 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:55.82	01:56.71	
	00:55.82	01:00.89	
			

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 2 Athlete: TABARY OCTAVIE			Q-time: 01:50:81
PB (50m pool): 01:50.81 La Louvière 29/11/2025			PB (25m pool): 01:47.10 SB: 01:50.81 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:52.19	01:50.81	
	00:52.19	00:58.62	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 5 Athlete: FOUQUET MOYHA			Q-time: 01:48:71
PB (50m pool): 01:47.24 Antwerpen 14/07/2024			PB (25m pool): 01:42.39 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:47.24	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 7 Athlete: VINOIS ANYSSiA			Q-time: 01:51:29
PB (50m pool): no time			PB (25m pool): 01:51.29 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 13:38
Heat: 4/11 Lane : 7 Athlete: VERHELST LOLA			Q-time: 01:45:04
PB (50m pool): 01:45.04 Antwerpen 13/07/2025			PB (25m pool): 01:45.21 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.49	01:45.04	
	00:48.49	00:56.55	
			

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 13:40
Heat: 5/11 Lane : 4 Athlete: MERTENS XIANA			Q-time: 01:41:05
PB (50m pool): 01:41.05 Antwerp 02/02/2025			PB (25m pool): 01:35.62 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.11	01:41.05	
	00:48.11	00:52.94	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 13:57
Heat: 2/7 Lane : 5 Athlete: FOUQUET YEHRO			Q-time: 01:28:94
PB (50m pool): 01:28.94 MOUSCRON 29/05/2025			PB (25m pool): 01:21.33 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.35	01:28.94	
	00:42.35	00:46.59	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 13:57
Heat: 2/7 Lane : 6 Athlete: CASIER JARNE			Q-time: 01:31:01
PB (50m pool): 01:31.01 La Louvière 29/11/2025			PB (25m pool): 01:25.73 SB: 01:31.01 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:43.44	01:31.01	
	00:43.44	00:47.57	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 13:59
Heat: 3/7 Lane : 3 Athlete: DE VLIETTER ELIOTT			Q-time: 01:25:68
PB (50m pool): 01:25.68 La Louvière 29/11/2025			PB (25m pool): 01:18.45 SB: 01:25.68 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:40.17	01:25.68	
	00:40.17	00:45.51	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 13:59
Heat: 3/7 Lane : 8 Athlete: VAN DAELE NAND			Q-time: 01:27:39
PB (50m pool): 01:27.39 Antwerpen 13/07/2025			PB (25m pool): 01:18.52 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.84	01:27.39	
	00:39.84	00:47.55	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 14:01
Heat: 4/7 Lane : 7 Athlete: BLOMMAERT CÉLIAN			Q-time: 01:23:85
PB (50m pool): 01:23.85 La Louvière 25/05/2025			PB (25m pool): 01:21.02 SB: 01:27.87 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:39.56	01:23.85	
	00:39.56	00:44.29	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 14:03
Heat: 5/7 Lane : 2 Athlete: BONNARENS DRIES			Q-time: 01:19:84
PB (50m pool): 01:19.84 Antwerpen 20/04/2025			PB (25m pool): 01:18.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.41	01:19.84	
	00:37.41	00:42.43	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:7, starttime: 14:07
Heat: 7/7 Lane : 8 Athlete: VANDORPE DANTE			Q-time: 01:12:66
PB (50m pool): 01:12.44 Antwerpen 28/07/2024			PB (25m pool): 01:10.31 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.44	
	no time		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 14:09
Heat: 1/7 Lane : 2 Athlete: VINOIS ANYSSIA		Q-time: 00:47:56
PB (50m pool): no time		PB (25m pool): 00:47.56 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 14:09
Heat: 1/7 Lane : 6 Athlete: DHOOGHE FELIZ		Q-time: 00:44:62
PB (50m pool): 00:44.62 MOUSCRON 29/05/2025		PB (25m pool): 00:43.13 SB: no time
	5 0 M	
PB	00:44.62	
	00:44.62	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 14:16
Heat: 5/7 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)		Q-time: 00:34:57
PB (50m pool): 00:34.57 La Louvière 25/05/2025		PB (25m pool): 00:32.46 SB: no time
	5 0 M	
PB	00:34.57	
	00:34.57	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 14:19
Heat: 7/7 Lane : 5 Athlete: BEIJNSBERGER MARE		Q-time: 00:30:63
PB (50m pool): 00:30.63 Antwerpen 27/07/2025		PB (25m pool): 00:30.94 SB: no time
	5 0 M	
PB	00:30.63	
	00:30.63	
		

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 14:20
Heat: 1/5 Lane : 4 Athlete: VAN DEN HAUTE EMILE		Q-time: 00:38:00
PB (50m pool): no time		PB (25m pool): 00:38.00 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 1 Athlete: BLOMMAERT CÉLIAN		Q-time: 00:35:67
PB (50m pool): no time		PB (25m pool): 00:35.67 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 14:30
Heat: 2/12 Lane : 4 Athlete: TABARY OCTAVIE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 14:30
Heat: 2/12 Lane : 6 Athlete: DELEUZE KATO		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 14:30
Heat: 2/12 Lane : 7 Athlete: DEKEYSER ESTELLE			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 14:34
Heat: 5/12 Lane : 3 Athlete: FOUQUET MOYHA			Q-time: 00:43:70
PB (50m pool): no time PB (25m pool): 00:43.70 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 14:35
Heat: 6/12 Lane : 6 Athlete: MERTENS XIANA			Q-time: 00:40:69
PB (50m pool): no time PB (25m pool): 00:40.69 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 14:39
Heat: 9/12 Lane : 3 Athlete: CARDON QIETTA			Q-time: 00:34:93
PB (50m pool): 00:34.93 Antwerpen 13/07/2025 PB (25m pool): 00:35.37 SB: no time			
	5 0 M		
PB	00:34.93		
	00:34.93		
			

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 5: 50M BUTTERFLY WOMEN 11+						Heat:10, starttime: 14:40		
Heat: 10/12 Lane : 6 Athlete: VAN OOTEGHEM KYANA						Q-time: 00:33:83		
PB (50m pool): 00:33.83 La Louvière 25/05/2025						PB (25m pool): 00:33.16 SB: no time		
	5 0 M							
PB	00:33.83							
	00:33.83							
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+						Heat:1, starttime: 14:44		
Heat: 1/7 Lane : 4 Athlete: VAN DEN HAUTE EMILE						Q-time: 00:44:01		
PB (50m pool): no time						PB (25m pool): 00:44.01 SB: no time		
	5 0 M							
PB	no time							
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:1, starttime: 14:52		
Heat: 1/6 Lane : 3 Athlete: VANDENHOUCKE ALAÏS						Q-time: 06:53:82		
PB (50m pool): 06:53.82 La Louvière 25/05/2025						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	01:36.89	no time	03:22.56	no time	05:11.43	no time	06:53.82
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:1, starttime: 14:52		
Heat: 1/6 Lane : 4 Athlete: DHOOGHE FELIZ						Q-time: 06:11:43		
PB (50m pool): 06:11.43 Kortrijk 26/12/2025						PB (25m pool): 06:16.54 SB: 06:11.43 Kortrijk 26/12/2025		
	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	00:41.99	01:28.68	02:16.50	03:03.52	03:51.65	04:39.11	05:25.04	06:11.43
	00:41.99	00:46.69	00:47.82	00:47.02	00:48.13	00:47.46	00:45.93	00:46.39
								

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 14:52	
Heat: 1/6 Lane : 5 Athlete: VERHELST LOLA							Q-time: 06:50:51	
PB (50m pool): 06:50.51 Kortrijk 26/12/2025				PB (25m pool): no time SB: 06:50.51 Kortrijk 26/12/2025				
	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	00:42.09	01:32.62	02:24.57	03:18.18	04:12.31	05:07.95	06:00.80	06:50.51
	00:42.09	00:50.53	00:51.95	00:53.61	00:54.13	00:55.64	00:52.85	00:49.71
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 14:59	
Heat: 2/6 Lane : 5 Athlete: FOUQUET MOYHA							Q-time: 05:37:90	
PB (50m pool): no time			PB (25m pool): 05:37.90SB: 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
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 15:06	
Heat: 3/6 Lane : 5 Athlete: VAN OOTEGHEM KYANA							Q-time: 05:19:75	
PB (50m pool): 05:19.75 Kortrijk 26/12/2025				PB (25m pool): 04:55.85SB: 05:19.75 Kortrijk 26/12/2025				
	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	00:36.29	01:15.79	01:56.79	02:37.51	03:18.31	03:59.55	04:40.25	05:19.75
	00:36.29	00:39.50	00:41.00	00:40.72	00:40.80	00:41.24	00:40.70	00:39.50
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 15:11	
Heat: 4/6 Lane : 8 Athlete: CARDON QIETTA							Q-time: 05:16:81	
PB (50m pool): 05:16.81 La Louvière 29/11/2025				PB (25m pool): 05:02.20SB: 05:16.81 La Louvière 29/11/2025				
	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	01:15.96	no time	02:37.50	no time	03:59.30	no time	05:16.81
	no time							
								

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 1 Athlete: MALFAIT LIZANNA (LIZI)							Q-time: 04:47:58	
PB (50m pool): 04:47.58 Antwerpen 20/07/2025				PB (25m pool): 04:39.66 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	00:32.15	01:08.27	01:46.39	02:22.95	02:59.58	03:36.96	04:13.04	04:47.58
	00:32.15	00:36.12	00:38.12	00:36.56	00:36.63	00:37.38	00:36.08	00:34.54
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:1, starttime: 15:29	
Heat: 1/6 Lane : 4 Athlete: CASIER JARNE							Q-time: 05:28:11	
PB (50m pool): 05:28.11 Kortrijk 26/12/2025				PB (25m pool): 05:46.21 SB: 05:28.11 Kortrijk 26/12/2025				
	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	00:35.05	01:14.46	01:57.49	02:39.38	03:22.64	04:05.39	04:48.51	05:28.11
	00:35.05	00:39.41	00:43.03	00:41.89	00:43.26	00:42.75	00:43.12	00:39.60
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 1 Athlete: VAN DAELE NAND							Q-time: 05:22:26	
PB (50m pool): 05:22.26 Kortrijk 26/12/2025				PB (25m pool): 05:31.85SB: 05:22.26 Kortrijk 26/12/2025				
	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	00:33.51	01:12.53	01:53.35	02:35.17	03:17.09	03:59.25	04:40.98	05:22.26
	00:33.51	00:39.02	00:40.82	00:41.82	00:41.92	00:42.16	00:41.73	00:41.28
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 4 Athlete: FOUQUET YEHRO							Q-time: 05:03:11	
PB (50m pool): no time			PB (25m pool): 05:03.11 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
	no time							
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 6 Athlete: DE VLIETTER ELIOTT							Q-time: 05:12:89	
PB (50m pool): 05:12.89 Kortrijk 26/12/2025				PB (25m pool): 05:01.09SB: 05:12.89 Kortrijk 26/12/2025				
	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	00:32.38	01:10.32	01:50.31	02:30.60	03:11.49	03:52.70	04:32.96	05:12.89
	00:32.38	00:37.94	00:39.99	00:40.29	00:40.89	00:41.21	00:40.26	00:39.93
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 4 Athlete: BONNARENS DRIES							Q-time: 04:58:83	
PB (50m pool): no time			PB (25m pool): 04:58.83SB: 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
	no time							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 15:57	
Heat: 6/6 Lane : 8 Athlete: VANDORPE DANTE							Q-time: 04:28:64	
PB (50m pool): 04:28.64 Antwerpen 27/07/2025				PB (25m pool): 04:26.65SB: 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	00:30.47	01:03.94	01:37.52	02:11.37	02:45.32	03:20.04	03:54.64	04:28.64
	00:30.47	00:33.47	00:33.58	00:33.85	00:33.95	00:34.72	00:34.60	00:34.00
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 16:09	
Heat: 2/2 Lane : 5 Athlete: TEAM RSC 1							Q-time: 04:55:15	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: