

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 18:00
Heat: 1/5 Lane : 4 Athlete: DELEUZE KATO			Q-time: 01:45:70
PB (50m pool): no time			PB (25m pool): 01:45.70 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 18:00
Heat: 1/5 Lane : 5 Athlete: DEKEYSER ESTELLE			Q-time: 01:46:51
PB (50m pool): 01:46.51 La Louvière 29/11/2025			PB (25m pool): 01:43.36 SB: 01:46.51 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:52.30	01:46.51	
	00:52.30	00:54.21	
	.	.	

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 18:06
Heat: 3/5 Lane : 3 Athlete: TABARY OCTAVIE			Q-time: 01:34:56
PB (50m pool): no time			PB (25m pool): 01:34.56 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

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Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 18:17
Heat: 1/2 Lane : 4 Athlete: CARDON QIETTA					Q-time: 03:06:19
PB (50m pool): no time PB (25m pool): 03:06.19 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 18:21
Heat: 2/2 Lane : 1 Athlete: VAN OOTEGHEM KYANA					Q-time: 03:03:85
PB (50m pool): 03:03.85 Kortrijk 26/12/2025 PB (25m pool): 02:50.20 SB: 03:03.85 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.29	01:23.29	02:12.57	03:03.85	
	00:38.29	00:45.00	00:49.28	00:51.28	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:1, starttime: 18:25
Heat: 1/11 Lane : 3 Athlete: VAN DEN HAUTE EMILE					Q-time: 01:20:17
PB (50m pool): no time PB (25m pool): 01:20.17 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:3, starttime: 18:29
Heat: 3/11 Lane : 4 Athlete: DE VLIETTER ELIOTT					Q-time: 01:09:78
PB (50m pool): 01:09.78 Antwerpen 20/07/2025 PB (25m pool): 01:05.14 SB: 01:10.07 La Louvière 29/11/2025					
	5 0 M	1 0 0 M			
PB	00:33.42	01:09.78			
	00:33.42	00:36.36			
					

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 18:29
Heat: 3/11 Lane : 5 Athlete: CASIER JARNE			Q-time: 01:09:89
PB (50m pool): 01:09.89 La Louvière 29/11/2025			PB (25m pool): 01:08.10 SB: 01:09.89 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:34.15	01:09.89	
	00:34.15	00:35.74	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 18:29
Heat: 3/11 Lane : 8 Athlete: FOUQUET YEHRO			Q-time: 01:11:04
PB (50m pool): 01:11.04 MOUSCRON 29/05/2025			PB (25m pool): 01:05.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.54	01:11.04	
	00:34.54	00:36.50	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 18:30
Heat: 4/11 Lane : 2 Athlete: BONNARENS DRIES			Q-time: 01:06:85
PB (50m pool): 01:06.85 Antwerpen 13/07/2025			PB (25m pool): 01:03.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.67	01:06.85	
	00:31.67	00:35.18	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 18:30
Heat: 4/11 Lane : 6 Athlete: BLOMMAERT CÉLIAN			Q-time: 01:06:78
PB (50m pool): 01:06.78 La Louvière 29/11/2025			PB (25m pool): 01:02.48 SB: 01:06.78 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:32.24	01:06.78	
	00:32.24	00:34.54	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 18:30
Heat: 4/11 Lane : 8 Athlete: VAN DAELE NAND			Q-time: 01:08:56
PB (50m pool): 01:08.56 Antwerpen 13/07/2025			PB (25m pool): 01:03.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.96	01:08.56	
	00:31.96	00:36.60	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 18:38
Heat: 9/11 Lane : 5 Athlete: VANDORPE DANTE			Q-time: 00:58:36
PB (50m pool): 00:58.28 Antwerpen 28/07/2024			PB (25m pool): 00:56.45 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:58.28	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 18:43
Heat: 1/15 Lane : 2 Athlete: DELEUZE KATO			Q-time: 01:41:11
PB (50m pool): 01:22.96 MOUSCRON 29/05/2025			PB (25m pool): 01:23.12 SB: 01:41.11 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:40.16	01:22.96	
	00:40.16	00:42.80	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 18:45
Heat: 2/15 Lane : 2 Athlete: VERHELST LOLA			Q-time: 01:30:07
PB (50m pool): 01:30.07 Antwerpen 13/07/2025			PB (25m pool): 01:22.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.73	01:30.07	
	00:40.73	00:49.34	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 18:45
Heat: 2/15 Lane : 7 Athlete: DEKEYSER ESTELLE			Q-time: 01:30:07
PB (50m pool): 01:30.07 La Louvière 29/11/2025			PB (25m pool): 01:26.48 SB: 01:30.07 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:42.48	01:30.07	
	00:42.48	00:47.59	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 2 Athlete: TABARY OCTAVIE			Q-time: 01:24:59
PB (50m pool): 01:24.59 La Louvière 29/11/2025			PB (25m pool): 01:19.97 SB: 01:24.59 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:40.13	01:24.59	
	00:40.13	00:44.46	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 6 Athlete: DHOOGHE FELIZ			Q-time: 01:24:37
PB (50m pool): 01:24.37 Antwerpen 13/07/2025			PB (25m pool): 01:20.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.65	01:24.37	
	00:40.65	00:43.72	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 8 Athlete: VINOIS ANYSSiA			Q-time: 01:25:21
PB (50m pool): no time			PB (25m pool): 01:25.21 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 4 Athlete: VANDENHOUCKE ALAÏS			Q-time: 01:19:98
PB (50m pool): 01:19.98 La Louvière 29/11/2025			PB (25m pool): 01:19.22 SB: 01:19.98 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:38.20	01:19.98	
	00:38.20	00:41.78	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 18:51
Heat: 5/15 Lane : 7 Athlete: FOUQUET MOYHA			Q-time: 01:18:63
PB (50m pool): 01:18.63 MOUSCRON 29/05/2025			PB (25m pool): 01:16.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.41	01:18.63	
	00:37.41	00:41.22	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 1 Athlete: MERTENS XIANA			Q-time: 01:12:12
PB (50m pool): 01:12.12 Antwerpen 13/07/2025			PB (25m pool): 01:09.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.06	01:12.12	
	00:35.06	00:37.06	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 7 Athlete: CARDON QIETTA			Q-time: 01:08:41
PB (50m pool): 01:08.41 Antwerpen 13/07/2025			PB (25m pool): 01:07.98 SB: 01:10.25 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:32.12	01:08.41	
	00:32.12	00:36.29	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)			Q-time: 01:01:71
PB (50m pool): 01:01.71 Antwerpen 20/07/2025			PB (25m pool): 00:58.99 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.62	01:01.71	
	00:29.62	00:32.09	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 6 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: no time
	5 0 M	1 0 0 M	
PB	00:28.98	01:00.81	
	00:28.98	00:31.83	
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 19:11
Heat: 2/7 Lane : 2 Athlete: CASIER JARNE			Q-time: 00:45:67
PB (50m pool): 00:45.67 Aalst 11/05/2025			PB (25m pool): 00:42.27 SB: no time
	5 0 M		
PB	00:45.67		
	00:45.67		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 19:11
Heat: 2/7 Lane : 5 Athlete: VAN DEN HAUTE EMILE			Q-time: 00:42:42
PB (50m pool): no time			PB (25m pool): 00:42.42 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 19:13
Heat: 3/7 Lane : 7 Athlete: DE VLIEGER ELIOTT		Q-time: 00:41:22
PB (50m pool): 00:41.22 MOUSCRON 29/05/2025		PB (25m pool): 00:37.92 SB: no time
	5 0 M	
PB	00:41.22	
	00:41.22	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 19:14
Heat: 4/7 Lane : 7 Athlete: BLOMMAERT CÉLIAN		Q-time: 00:38:66
PB (50m pool): 00:38.66 La Louvière 25/05/2025		PB (25m pool): 00:38.18 SB: no time
	5 0 M	
PB	00:38.66	
	00:38.66	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 19:15
Heat: 5/7 Lane : 1 Athlete: BONNARENS DRIES		Q-time: 00:37:15
PB (50m pool): 00:37.15 Aalst 11/05/2025		PB (25m pool): 00:35.80 SB: no time
	5 0 M	
PB	00:37.15	
	00:37.15	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 19:15
Heat: 5/7 Lane : 3 Athlete: FOUQUET YEHRO		Q-time: 00:36:14
PB (50m pool): 00:43.24 Aalst 28/04/2024		PB (25m pool): 00:36.14 SB: no time
	5 0 M	
PB	00:43.24	
	00:43.24	
		

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:6, starttime: 19:16
Heat: 6/7 Lane : 8 Athlete: VAN DAELE NAND		Q-time: 00:35:99
PB (50m pool): no time		PB (25m pool): 00:35.99 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 19:17
Heat: 7/7 Lane : 6 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: no time
	5 0 M	
PB	00:32.24	
	00:32.24	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 1 Athlete: MERTENS XIANA		Q-time: 00:49:15
PB (50m pool): 00:49.15 MOUSCRON 29/05/2025		PB (25m pool): 00:44.18 SB: no time
	5 0 M	
PB	00:49.15	
	00:49.15	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 8 Athlete: VANDENHOUCKE ALAÏS		Q-time: 00:57:22
PB (50m pool): 00:57.22 MOUSCRON 29/05/2025		PB (25m pool): 00:52.88 SB: no time
	5 0 M	
PB	00:57.22	
	00:57.22	
		

Coach feedback:

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 19:31
Heat: 1/7 Lane : 3 Athlete: VERHELST LOLA					Q-time: 03:37:23
PB (50m pool): 03:37.23 Kortrijk 26/12/2025			PB (25m pool): 03:21.06 SB: 03:37.23 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.13	01:47.35	02:49.03	03:37.23	
	00:50.13	00:57.22	01:01.68	00:48.20	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 19:31
Heat: 1/7 Lane : 5 Athlete: VINOIS ANYSSIA					Q-time: 03:34:52
PB (50m pool): no time			PB (25m pool): 03:34.52 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback: