

PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 09:00 untill 09:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:1, starttime: 10:00
Heat: 1/6 Lane : 5 Athlete: VAN DEN HAUTE EMILE			Q-time: 01:38:17
PB (50m pool): no time			PB (25m pool): 01:27.06 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 10:12
Heat: 1/4 Lane : 4 Athlete: CARDON QIETTA			Q-time: 01:22:94
PB (50m pool): 01:22.94 Antwerpen 13/07/2025			PB (25m pool): 01:20.10 SB: 01:25.27 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:36.92	01:22.94	
	00:36.92	00:46.02	
	.	.	

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 10:12
Heat: 1/4 Lane : 8 Athlete: FOUQUET MOYHA			Q-time: 01:34:75
PB (50m pool): no time			PB (25m pool): 01:34.52 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: 21: 100M BUTTERFLY WOMEN 13+				Heat:3, starttime: 10:16	
Heat: 3/4 Lane : 7 Athlete: VAN OOTEGHEM KYANA				Q-time: 01:15:17	
PB (50m pool): 01:15.17 Antwerpen 13/07/2025				PB (25m pool): 01:14.51 SB: no time	
	5 0 M	1 0 0 M			
PB	00:34.93	01:15.17			
	00:34.93	00:40.24			
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:2, starttime: 10:21	
Heat: 2/3 Lane : 7 Athlete: GLORIEUX ALEXANDER				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: 23: 200M BACKSTROKE WOMEN 13+				Heat:1, starttime: 10:24	
Heat: 1/7 Lane : 5 Athlete: DHOOGHE FELIZ				Q-time: 03:18:52	
PB (50m pool): 03:18.52 Kortrijk 26/12/2025				PB (25m pool): 03:38.91 SB: 03:18.52 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.99	01:40.24	02:31.11	03:18.52	
	00:48.99	00:51.25	00:50.87	00:47.41	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:5, starttime: 10:41	
Heat: 5/7 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)				Q-time: 02:40:55	
PB (50m pool): 02:40.55 Antwerpen 20/07/2025				PB (25m pool): 02:37.31 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.63	01:18.57	02:00.29	02:40.55	
	00:37.63	00:40.94	00:41.72	00:40.26	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 10:48
Heat: 7/7 Lane : 4 Athlete: BEIJNSBERGER MARE					Q-time: 02:25:91
PB (50m pool): 02:25.91 Antwerpen 27/07/2025					PB (25m pool): 02:26.71 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.71	01:09.75	01:48.01	02:25.91	
	00:32.71	00:37.04	00:38.26	00:37.90	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 2 Athlete: BLOMMAERT CÉLIAN					Q-time: 02:39:31
PB (50m pool): 02:39.31 Antwerpen 13/07/2025					PB (25m pool): 02:40.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.12	01:17.56	01:58.97	02:39.31	
	00:37.12	00:40.44	00:41.41	00:40.34	
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:2, starttime: 11:13
Heat: 2/3 Lane : 5 Athlete: GLORIEUX ALEXANDER					Q-time: 01:22:96
PB (50m pool): no time					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 11:17
Heat: 1/8 Lane : 2 Athlete: VERHELST LOLA					Q-time: 03:20:24
PB (50m pool): 03:20.24 Antwerpen 13/07/2025					PB (25m pool): 03:00.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.09	01:34.44	02:27.50	03:20.24	
	00:41.09	00:53.35	00:53.06	00:52.74	
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 11:17
Heat: 1/8 Lane : 4 Athlete: VANDENHOUCKE ALAÏS					Q-time: 02:53:25
PB (50m pool): 02:53.25 La Louvière 29/11/2025			PB (25m pool): 03:29.34 SB: 02:53.25 La Louvière 29/11/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.59	01:23.72	02:10.06	02:53.25	
	00:38.59	00:45.13	00:46.34	00:43.19	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 11:17
Heat: 1/8 Lane : 5 Athlete: DHOOGHE FELIZ					Q-time: 02:57:66
PB (50m pool): 02:57.66 Antwerpen 13/07/2025			PB (25m pool): 02:59.03 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.82	01:26.70	02:13.81	02:57.66	
	00:40.82	00:45.88	00:47.11	00:43.85	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 1 Athlete: FOUQUET MOYHA					Q-time: 02:48:41
PB (50m pool): 03:21.71 Lago Gent Rozebroeken 07/05/2023			PB (25m pool): 02:48.41 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	03:21.71	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:24
Heat: 3/8 Lane : 4 Athlete: CARDON QIETTA					Q-time: 02:32:38
PB (50m pool): 02:32.38 Antwerpen 13/07/2025			PB (25m pool): 02:27.35 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.54	01:12.87	01:53.01	02:32.38	
	00:34.54	00:38.33	00:40.14	00:39.37	
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:24
Heat: 3/8 Lane : 8 Athlete: MERTENS XIANA					Q-time: 02:38:81
PB (50m pool): 02:38.81 Antwerpen 13/07/2025					PB (25m pool): 02:43.50 SB: 02:46.48 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.42	01:16.90	01:58.88	02:38.81	
	00:36.42	00:40.48	00:41.98	00:39.93	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:33
Heat: 6/8 Lane : 6 Athlete: BEIJNSBERGER MARE					Q-time: 02:22:57
PB (50m pool): 02:22.57 Antwerpen 20/04/2025					PB (25m pool): 02:17.79 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.70	01:08.29	01:45.93	02:22.57	
	00:31.70	00:36.59	00:37.64	00:36.64	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:39
Heat: 8/8 Lane : 3 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 02:14:55
PB (50m pool): 02:14.55 Antwerpen 20/07/2025					PB (25m pool): 02:11.35 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.91	01:04.88	01:40.06	02:14.55	
	00:30.91	00:33.97	00:35.18	00:34.49	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:46
Heat: 2/8 Lane : 4 Athlete: CASIER JARNE					Q-time: 02:33:63
PB (50m pool): 02:33.63 La Louvière 29/11/2025					PB (25m pool): 02:41.86 SB: 02:33.63 La Louvière 29/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.08	01:14.14	01:55.09	02:33.63	
	00:35.08	00:39.06	00:40.95	00:38.54	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:49
Heat: 3/8 Lane : 1 Athlete: DE VLIETTER ELIOTT					Q-time: 02:31:36
PB (50m pool): 02:31.36 Kortrijk 26/12/2025			PB (25m pool): 02:23.85 SB: 02:31.36 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.50	01:12.10	01:51.92	02:31.36	
	00:33.50	00:38.60	00:39.82	00:39.44	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:49
Heat: 3/8 Lane : 2 Athlete: FOUQUET YEHRO					Q-time: 02:30:86
PB (50m pool): 02:44.40 Antwerpen 16/07/2023			PB (25m pool): 02:30.86 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	02:44.40	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:49
Heat: 3/8 Lane : 6 Athlete: VAN DAELE NAND					Q-time: 02:30:72
PB (50m pool): 02:30.72 Antwerpen 13/07/2025			PB (25m pool): 02:26.28 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.09	01:13.65	01:52.90	02:30.72	
	00:34.09	00:39.56	00:39.25	00:37.82	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:49
Heat: 3/8 Lane : 7 Athlete: BONNARENS DRIES					Q-time: 02:31:24
PB (50m pool): 02:31.24 Antwerpen 20/04/2025			PB (25m pool): 02:24.87 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.28	01:11.87	01:52.09	02:31.24	
	00:33.28	00:38.59	00:40.22	00:39.15	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 12:03
Heat: 8/8 Lane : 1 Athlete: VANDORPE DANTE					Q-time: 02:05:88
PB (50m pool): 02:11.13 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 02:05.88 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	02:11.13	
	no time				
					

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:13	
Heat: 2/2 Lane : 8 Athlete: VAN OOTEGHEM KYANA							Q-time: 05:53:64	
PB (50m pool): 05:53.64 Antwerpen 20/07/2025				PB (25m pool): 05:44.03SB: 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	00:37.32	01:21.76	02:06.62	02:50.70	03:41.91	04:35.02	05:15.05	05:53.64
	00:37.32	00:44.44	00:44.86	00:44.08	00:51.21	00:53.11	00:40.03	00:38.59
								

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:19	
Heat: 1/1 Lane : 6 Athlete: TEAM RSC 1							Q-time: 04:52:13	
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: