

PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:2, starttime: 14:03
Heat: 2/3 Lane : 8 Athlete: GLORIEUX ALEXANDER			Q-time: 02:00:85
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: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:09
Heat: 2/8 Lane : 3 Athlete: VAN DEN HAUTE EMILE			Q-time: 00:34:38
PB (50m pool): no time			PB (25m pool): 00:34.38 SB: no time
	5 0 M		
PB	no time		
	no time		
	.		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:09
Heat: 2/8 Lane : 6 Athlete: CASIER JARNE			Q-time: 00:34:89
PB (50m pool): 00:34.89 MOUSCRON 29/05/2025			PB (25m pool): 00:32.90 SB: no time
	5 0 M		
PB	00:34.89		
	00:34.89		
	.		

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:3, starttime: 14:10
Heat: 3/8 Lane : 8 Athlete: DE VLIEGER ELIOTT		Q-time: 00:32:70
PB (50m pool): 00:32.70 Aalst 11/05/2025		PB (25m pool): 00:30.78 SB: no time
	5 0 M	
PB	00:32.70	
	00:32.70	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:11
Heat: 4/8 Lane : 1 Athlete: VAN DAELE NAND		Q-time: 00:30:52
PB (50m pool): 00:30.52 La Louvière 25/05/2025		PB (25m pool): 00:28.77 SB: no time
	5 0 M	
PB	00:30.52	
	00:30.52	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:11
Heat: 4/8 Lane : 2 Athlete: BONNARENS DRIES		Q-time: 00:30:40
PB (50m pool): 00:30.40 Antwerpen 13/07/2025		PB (25m pool): 00:29.37 SB: no time
	5 0 M	
PB	00:30.40	
	00:30.40	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:11
Heat: 4/8 Lane : 8 Athlete: FOUQUET YEHRO		Q-time: 00:30:72
PB (50m pool): 00:30.72 MOUSCRON 29/05/2025		PB (25m pool): 00:29.26 SB: no time
	5 0 M	
PB	00:30.72	
	00:30.72	
		

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:14
Heat: 7/8 Lane : 8 Athlete: VANDORPE DANTE		Q-time: 00:27:23
PB (50m pool): 00:27.23 Antwerpen 20/04/2025 PB (25m pool): 00:26.55 SB: no time		
	5 0 M	
PB	00:27.23	
	00:27.23	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 14:17
Heat: 1/10 Lane : 4 Athlete: VANDENHOUCKE ALAÏS		Q-time: 00:40:83
PB (50m pool): 00:40.83 La Louvière 25/05/2025 PB (25m pool): 00:37.69 SB: no time		
	5 0 M	
PB	00:40.83	
	00:40.83	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 14:17
Heat: 1/10 Lane : 5 Athlete: DHOOGHE FELIZ		Q-time: 00:40:84
PB (50m pool): 00:40.84 MOUSCRON 29/05/2025 PB (25m pool): 00:37.28 SB: no time		
	5 0 M	
PB	00:40.84	
	00:40.84	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:18
Heat: 2/10 Lane : 5 Athlete: VERHELST LOLA		Q-time: 00:37:24
PB (50m pool): 00:45.36 Aalst 28/04/2024 PB (25m pool): 00:37.24 SB: no time		
	5 0 M	
PB	00:45.36	
	00:45.36	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:18
Heat: 2/10 Lane : 7 Athlete: VINOIS ANYSSIA		Q-time: 00:39:43
PB (50m pool): no time		PB (25m pool): 00:39.43 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:19
Heat: 3/10 Lane : 8 Athlete: FOUQUET MOYHA		Q-time: 00:36:48
PB (50m pool): 00:36.48 MOUSCRON 29/05/2025		PB (25m pool): 00:34.78 SB: no time
	5 0 M	
PB	00:36.48	
	00:36.48	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:5, starttime: 14:21
Heat: 5/10 Lane : 7 Athlete: MERTENS XIANA		Q-time: 00:32:73
PB (50m pool): 00:32.73 Antwerpen 13/07/2025		PB (25m pool): 00:32.66 SB: no time
	5 0 M	
PB	00:32.73	
	00:32.73	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 14:22
Heat: 6/10 Lane : 3 Athlete: CARDON QIETTA		Q-time: 00:31:34
PB (50m pool): 00:31.34 La Louvière 25/05/2025		PB (25m pool): 00:31.38 SB: no time
	5 0 M	
PB	00:31.34	
	00:31.34	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:9, starttime: 14:25	
Heat: 9/10 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)				Q-time: 00:29:09	
PB (50m pool): 00:29.09 La Louvière 25/05/2025				PB (25m pool): 00:28.04 SB: no time	
	5 0 M				
PB	00:29.09				
	00:29.09				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 14:26	
Heat: 10/10 Lane : 3 Athlete: BEIJNSBERGER MARE				Q-time: 00:27:21	
PB (50m pool): 00:27.21 Antwerpen 27/07/2025				PB (25m pool): 00:29.56 SB: no time	
	5 0 M				
PB	00:27.21				
	00:27.21				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 14:28	
Heat: 1/4 Lane : 3 Athlete: CASIER JARNE					Q-time: 03:21:52	
PB (50m pool): 03:21.52 MOUSCRON 29/05/2025					PB (25m pool): 03:27.77 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:46.84	01:36.40	02:30.69	03:21.52		
	00:46.84	00:49.56	00:54.29	00:50.83		
						

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 14:28	
Heat: 1/4 Lane : 4 Athlete: FOUQUET YEHRO					Q-time: 03:11:32	
PB (50m pool): 03:11.32 MOUSCRON 29/05/2025					PB (25m pool): 03:09.01 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:42.77	01:32.93	02:22.51	03:11.32		
	00:42.77	00:50.16	00:49.58	00:48.81		
						

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:32
Heat: 2/4 Lane : 4 Athlete: BONNARENS DRIES					Q-time: 02:58:95
PB (50m pool): 02:58.95 Wezenberg Topsportbad, Antwerp 18/09/25					PB (25m pool): 02:51.94 SB: 03:00.68 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.85	no time	02:58.95	
	no time				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:32
Heat: 2/4 Lane : 5 Athlete: VAN DAELE NAND					Q-time: 03:00:69
PB (50m pool): 03:00.69 Kortrijk 26/12/2025					PB (25m pool): 02:53.22 SB: 03:00.69 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.92	01:26.42	02:13.28	03:00.69	
	00:39.92	00:46.50	00:46.86	00:47.41	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:32
Heat: 2/4 Lane : 6 Athlete: DE VLIAGER ELIOTT					Q-time: 03:02:46
PB (50m pool): 03:02.46 Kortrijk 26/12/2025					PB (25m pool): 02:55.31 SB: 03:02.46 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.65	01:28.03	02:15.37	03:02.46	
	00:40.65	00:47.38	00:47.34	00:47.09	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 14:35
Heat: 3/4 Lane : 1 Athlete: BLOMMAERT CÉLIAN					Q-time: 02:57:65
PB (50m pool): no time					PB (25m pool): 02:57.65 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:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:39
Heat: 4/4 Lane : 7 Athlete: VANDORPE DANTE					Q-time: 02:42:86
PB (50m pool): 02:41.87 Antwerpen 28/07/2024			PB (25m pool): 02:33.70 SB: 02:47.79 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:41.87	
	no time				
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 14:43
Heat: 1/3 Lane : 8 Athlete: MERTENS XIANA					Q-time: 03:42:57
PB (50m pool): 03:42.54 Aalst 21/12/2024			PB (25m pool): 03:30.00 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.82	01:46.37	02:44.41	03:42.54	
	00:49.82	00:56.55	00:58.04	00:58.13	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 14:58
Heat: 2/8 Lane : 6 Athlete: GLORIEUX ALEXANDER					Q-time: 01:38:23
PB (50m pool): no time			PB (25m pool): 01:38.23 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 15:08
Heat: 6/8 Lane : 8 Athlete: BLOMMAERT CÉLIAN					Q-time: 01:14:42
PB (50m pool): 01:14.42 Antwerpen 13/07/2025			PB (25m pool): 01:10.35 SB: no time		
	5 0 M	1 0 0 M			
PB	00:36.47	01:14.42			
	00:36.47	00:37.95			
					

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:1, starttime: 15:14
Heat: 1/9 Lane : 3 Athlete: VERHELST LOLA			Q-time: 01:52:15
PB (50m pool): 01:48.55 Antwerpen 14/07/2024			PB (25m pool): 01:35.73 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:48.55	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:1, starttime: 15:14
Heat: 1/9 Lane : 4 Athlete: VANDENHOUCKE ALAÏS			Q-time: 01:39:06
PB (50m pool): 01:39.06 La Louvière 29/11/2025			PB (25m pool): 01:37.97 SB: 01:39.06 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:49.33	01:39.06	
	00:49.33	00:49.73	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:2, starttime: 15:17
Heat: 2/9 Lane : 8 Athlete: DHOOGHE FELIZ			Q-time: 01:36:51
PB (50m pool): 01:36.51 Antwerpen 13/07/2025			PB (25m pool): 01:31.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.06	01:36.51	
	00:49.06	00:47.45	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 15:24
Heat: 5/9 Lane : 1 Athlete: VAN OOTEGHEM KYANA			Q-time: 01:18:13
PB (50m pool): 01:18.13 Wezenberg Topsportbad, Antwerp 18/09/2024			PB (25m pool): 01:14.63 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:18.13	
	no time		
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:7, starttime: 15:29	
Heat: 7/9 Lane : 1 Athlete: MALFAIT LIZANNA (LIZI)				Q-time: 01:14:12	
PB (50m pool): 01:14.12 Antwerpen 20/07/2025				PB (25m pool): 01:10.33 SB: no time	
	5 0 M	1 0 0 M			
PB	00:36.06	01:14.12			
	00:36.06	00:38.06			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:9, starttime: 15:33	
Heat: 9/9 Lane : 4 Athlete: BEIJNSBERGER MARE				Q-time: 01:05:84	
PB (50m pool): 01:05.84 Antwerpen 27/07/2025				PB (25m pool): 01:06.45 SB: no time	
	5 0 M	1 0 0 M			
PB	00:31.27	01:05.84			
	00:31.27	00:34.57			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:1, starttime: 15:36	
Heat: 1/6 Lane : 5 Athlete: VAN DEN HAUTE EMILE					Q-time: 03:07:97	
PB (50m pool): no time					PB (25m pool): 03:03.19 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: 37: 200M MEDLEY MEN 13+					Heat:6, starttime: 15:52	
Heat: 6/6 Lane : 1 Athlete: VANDORPE DANTE					Q-time: 02:24:67	
PB (50m pool): 02:24.67 Antwerpen 27/07/2025					PB (25m pool): 02:23.11 SB: 02:29.35 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.20	01:08.39	01:50.33	02:24.67		
	00:30.20	00:38.19	00:41.94	00:34.34		
						

Coach feedback:

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Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:56	
Heat: 1/1 Lane : 5 Athlete: TEAM RSC 1							Q-time: 04:19:74	
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: