

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 08:30 untill 09:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Terryn Julien

Coaches: Wibaut Annouck HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+ Heat:2, starttime: 09:35

Heat: 2/14 Lane : 2 Athlete: DEKEYSER ESTELLE Q-time: 04:04:96

PB (50m pool): 04:04.96 Kortrijk 26/12/2025 PB (25m pool): 03:47.15 SB: 04:04.96 Kortrijk 26/12/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:57.67	01:57.54	03:14.85	04:04.96	
	00:57.67	00:59.87	01:17.31	00:50.11	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+ Heat:3, starttime: 09:39

Heat: 3/14 Lane : 8 Athlete: VANDENHOUCKE ALAÏS Q-time: 03:39:25

PB (50m pool): no time PB (25m pool): 03:39.25 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: 1: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 09:43

Heat: 4/14 Lane : 5 Athlete: TABARY HORTENSE Q-time: 03:20:65

PB (50m pool): no time PB (25m pool): 03:20.65 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:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 5 Athlete: MERTENS XIANA					Q-time: 03:01:49
PB (50m pool): no time PB (25m pool): 03:01.49 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: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 6 Athlete: CARDON QIETTA					Q-time: 02:59:00
PB (50m pool): 02:59.00 La Louvière 29/11/2025 PB (25m pool): 02:49.83 SB: 02:59.00 La Louvière 29/11/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.37	01:25.13	02:19.56	02:59.00	
	00:38.37	00:46.76	00:54.43	00:39.44	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 5 Athlete: VAN OOTEGHEM KYANA					Q-time: 02:45:32
PB (50m pool): 02:45.32 Antwerpen 20/04/2025 PB (25m pool): 02:41.96 SB: 02:51.82 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.90	01:17.76	02:07.91	02:45.32	
	00:35.90	00:41.86	00:50.15	00:37.41	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 10:15
Heat: 13/14 Lane : 1 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 02:41:28
PB (50m pool): 02:41.28 Antwerpen 20/07/2025 PB (25m pool): 02:36.56 SB: 02:42.26 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.09	01:16.04	02:05.83	02:41.28	
	00:34.09	00:41.95	00:49.79	00:35.45	
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 10:15
Heat: 13/14 Lane : 8 Athlete: VAN DAELE LORE					Q-time: 02:41:47
PB (50m pool): 02:41.47 Antwerp 02/02/2025					PB (25m pool): 02:39.16 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.12	01:15.35	02:05.24	02:41.47	
	00:36.12	00:39.23	00:49.89	00:36.23	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:3, starttime: 10:31
Heat: 3/13 Lane : 3 Athlete: VRAMBOU MAURICE					Q-time: 03:12:39
PB (50m pool): no time					PB (25m pool): 03:12.39 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: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 6 Athlete: VAN DEN HAUTE EMILE					Q-time: 03:03:94
PB (50m pool): 03:03.94 Lochristi 01/02/2026					PB (25m pool): 03:03.19 SB: 03:03.94 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:03.94	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 7 Athlete: HADI RAYAN					Q-time: 03:07:69
PB (50m pool): no time					PB (25m pool): 03:07.69 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:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 2: 200M MEDLEY MEN 11+					Heat:5, starttime: 10:38
Heat: 5/13 Lane : 8 Athlete: CASIER JARNE					Q-time: 03:02:28
PB (50m pool): 03:02.28 Antwerpen 13/07/2025					PB (25m pool): 02:53.35 SB: 03:03.18 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.27	01:32.94	02:23.09	03:02.28	
	00:45.27	00:47.67	00:50.15	00:39.19	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 6 Athlete: VAN DAELE NAND					Q-time: 02:49:49
PB (50m pool): 02:38.43 Antwerpen 08/03/2026					PB (25m pool): 02:37.91 SB: 02:38.43 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.23	01:15.63	02:01.85	02:38.43	
	00:33.23	00:42.40	00:46.22	00:36.58	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:8, starttime: 10:49
Heat: 8/13 Lane : 3 Athlete: BONNARENS DRIES					Q-time: 02:42:85
PB (50m pool): 02:42.85 Kortrijk 26/12/2025					PB (25m pool): 02:36.56 SB: 02:42.85 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.72	01:20.06	02:04.73	02:42.85	
	00:35.72	00:44.34	00:44.67	00:38.12	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:8, starttime: 10:49
Heat: 8/13 Lane : 6 Athlete: DE VLIETTER ELIOTT					Q-time: 02:43:33
PB (50m pool): 02:40.90 Antwerpen 08/03/2026					PB (25m pool): 02:40.74 SB: 02:40.90 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.92	01:16.43	02:03.26	02:40.90	
	00:35.92	00:40.51	00:46.83	00:37.64	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 2: 200M MEDLEY MEN 11+					Heat:13, starttime: 11:04
Heat: 13/13 Lane : 3 Athlete: VAN DAELE DAAN					Q-time: 02:16:15
PB (50m pool): 02:16.15 Antwerpen 27/07/2025					PB (25m pool): 02:14.57 SB: 02:18.87 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.68	01:03.25	01:43.13	02:16.15	
	00:28.68	00:34.57	00:39.88	00:33.02	
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 11:23
Heat: 1/2 Lane : 3 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:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:1, starttime: 11:26
Heat: 1/2 Lane : 5 Athlete: DE VLIAGER ELIOTT					Q-time: 00:29:87
PB (50m pool): 00:29.87 Lochristi 01/02/2026					PB (25m pool): 00:30.78 SB: 00:29.87 Lochristi 01/02/2026
	5 0 M				
PB	00:29.87				
	00:29.87				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:3, starttime: 11:32
Heat: 3/5 Lane : 1 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:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 5: 50M BACKSTROKE WOMEN 11+				Heat:4, starttime: 11:33	
Heat: 4/5 Lane : 1 Athlete: MERTENS XIANA				Q-time: 00:41:57	
PB (50m pool): 00:38.92 Antwerpen 15/03/2026				PB (25m pool): 00:40.77 SB: 00:38.92 Antwerpen 15/03/2026	
	5 0 M				
PB	00:38.92				
	00:38.92				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+				Heat:5, starttime: 11:35	
Heat: 5/5 Lane : 3 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: 00:34.65 Lochristi 01/02/2026	
	5 0 M				
PB	00:34.57				
	00:34.57				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+				Heat:5, starttime: 11:35	
Heat: 5/5 Lane : 8 Athlete: VAN OOTEGHEM KYANA				Q-time: 00:36:59	
PB (50m pool): 00:36.59 MOUSCRON 29/05/2025				PB (25m pool): 00:35.46 SB: 00:36.86 Antwerpen 15/03/2026	
	5 0 M				
PB	00:36.59				
	00:36.59				
					

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+				Heat:2, starttime: 11:39	
Heat: 2/3 Lane : 2 Athlete: CASIER JARNE				Q-time: 00:43:54	
PB (50m pool): 00:43.54 MOUSCRON 29/05/2025				PB (25m pool): 00:39.35 SB: no time	
	5 0 M				
PB	00:43.54				
	00:43.54				
					

Coach feedback:

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Event number: 7: 50M BREASTSTROKE WOMEN 11+										Heat:1, starttime: 11:42																				
Heat: 1/2 Lane : 7 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:

Event number: 8: 50M BREASTSTROKE MEN 11+							Heat:3, starttime: 11:48		
Heat: 3/4 Lane : 1 Athlete: VAN DEN HAUTE EMILE							Q-time: 00:44:21		
PB (50m pool): 00:44.21 Lochristi 01/02/2026							PB (25m pool): 00:42.42 SB: 00:44.21 Lochristi 01/02/2026		
	5 0 M								
PB	00:44.21								
	00:44.21								
									

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+						Heat:3, starttime: 11:48	
Heat: 3/4 Lane : 6 Athlete: HADI RAYAN						Q-time: 00:41:98	
PB (50m pool): no time						PB (25m pool): 00:41.98 SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+					Heat:2, starttime: 11:52	
Heat: 2/7 Lane : 1 Athlete: TABARY HORTENSE					Q-time: 00:49:83	
PB (50m pool): no time					PB (25m pool): 00:49.83 SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:52		
Heat: 2/7 Lane : 5 Athlete: VANDENHOUCKE ALAÏS			Q-time: 00:46:21		
PB (50m pool): no time			PB (25m pool): 00:46.21 SB: no time		
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:56		
Heat: 5/7 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: 00:35.11 Antwerpen 15/03/2026		
	5 0 M				
PB	00:34.93				
	00:34.93				
					

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:57		
Heat: 6/7 Lane : 8 Athlete: VAN DAELE LORE			Q-time: 00:34:64		
PB (50m pool): 00:34.64 Gent (Rozebroeken) 03/03/2024			PB (25m pool): 00:34.87 SB: no time		
	5 0 M				
PB	00:34.64				
	00:34.64				
					

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 12:00		
Heat: 1/5 Lane : 5 Athlete: VRAMBOU MAURICE			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:

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Event number: 10: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 12:01
Heat: 2/5 Lane : 1 Athlete: BONNARENS DRIES		Q-time: 00:44:96
PB (50m pool): 00:54.45 Aalst 15/05/2022		PB (25m pool): 00:44.96 SB: no time
	5 0 M	
PB	00:54.45	
	00:54.45	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:3, starttime: 12:02
Heat: 3/5 Lane : 3 Athlete: VAN DAELE NAND		Q-time: 00:34:95
PB (50m pool): 00:31.30 Antwerpen 08/03/2026		PB (25m pool): 00:32.23 SB: 00:31.30 Antwerpen 08/03/2026
	5 0 M	
PB	00:31.30	
	00:31.30	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:5, starttime: 12:05
Heat: 5/5 Lane : 4 Athlete: VAN DAELE DAAN		Q-time: 00:27:89
PB (50m pool): 00:27.89 Antwerpen 27/07/2025		PB (25m pool): 00:27.36 SB: no time
	5 0 M	
PB	00:27.89	
	00:27.89	
		

Coach feedback: