

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Terryen Julien

Coaches: Wibaut Annouck HEADCOACH

PB => Personal Best time

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

Event number: 12: 200M FREESTYLE MEN 11+					Heat:1, starttime: 14:19
Heat: 1/9 Lane : 3 Athlete: HADI RAYAN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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 FREESTYLE MEN 11+					Heat:2, starttime: 14:23
Heat: 2/9 Lane : 1 Athlete: VRAMBOU MAURICE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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 FREESTYLE MEN 11+					Heat:3, starttime: 14:27
Heat: 3/9 Lane : 1 Athlete: VAN DEN HAUTE EMILE					Q-time: 02:59:79
PB (50m pool): 02:59.79 Kortrijk 26/12/2025 PB (25m pool): no time SB: 02:59.79 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.06	01:24.28	02:11.87	02:59.79	
	00:38.06	00:46.22	00:47.59	00:47.92	
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:31
Heat: 4/9 Lane : 3 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:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:45
Heat: 9/9 Lane : 2 Athlete: VAN DAELE DAAN					Q-time: 02:02:40
PB (50m pool): 02:02.40 Antwerpen 27/07/2025					PB (25m pool): 01:59.56 SB: 02:04.39 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.85	00:59.02	01:30.95	02:02.40	
	00:27.85	00:31.17	00:31.93	00:31.45	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:53
Heat: 2/9 Lane : 1 Athlete: TABARY HORTENSE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): no time 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: 13: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:53
Heat: 2/9 Lane : 3 Athlete: DELEUZE KATO					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:59.48 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: 13: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:57
Heat: 3/9 Lane : 8 Athlete: DEKEYSER ESTELLE					Q-time: 03:16:59
PB (50m pool): 03:16.59 La Louvière 29/11/2025					PB (25m pool): 03:29.92 SB: 03:16.59 La Louvière 29/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.78	01:35.19	02:27.54	03:16.59	
	00:43.78	00:51.41	00:52.35	00:49.05	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/9 Lane : 5 Athlete: VANDENHOUCKE ALAÏS					Q-time: 02:51:59
PB (50m pool): 02:51.59 Lochristi 01/02/2026					PB (25m pool): 03:29.34 SB: 02:51.59 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:23.26	no time	02:51.59	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 4 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: 02:40.03 Lochristi 01/02/2026
	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: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 5 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: 02:32.39 Lochristi 01/02/2026
	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: 13: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:11
Heat: 7/9 Lane : 5 Athlete: VAN OOTEGHEM KYANA					Q-time: 02:28:05
PB (50m pool): 02:28.05 Antwerpen 20/04/2025					PB (25m pool): 02:21.81 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.71	01:12.72	01:50.94	02:28.05	
	00:34.71	00:38.01	00:38.22	00:37.11	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:9, starttime: 15:17
Heat: 9/9 Lane : 5 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: 02:14.61 Antwerpen 08/03/2026
	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: 13: 200M FREESTYLE WOMEN 11+					Heat:9, starttime: 15:17
Heat: 9/9 Lane : 6 Athlete: VAN DAELE LORE					Q-time: 02:18:49
PB (50m pool): 02:18.06 Aalst 22/06/2024					PB (25m pool): 02:14.81 SB: 02:23.75 La Louvière 29/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:18.06	
	no time				
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 2 Athlete: VAN DAELE NAND					Q-time: 03:00:69
PB (50m pool): 02:53.69 Antwerpen 08/03/2026					PB (25m pool): 02:53.22 SB: 02:53.69 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.13	01:23.79	02:09.27	02:53.69	
	00:39.13	00:44.66	00:45.48	00:44.42	
					

Coach feedback:

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Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 4 Athlete: DE VLIEGER ELIOTT					Q-time: 02:54:87
PB (50m pool): 02:54.21 Antwerpen 08/03/2026					PB (25m pool): 02:55.31 SB: 02:54.21 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.21	01:23.41	02:09.36	02:54.21	
	00:39.21	00:44.20	00:45.95	00:44.85	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 6 Athlete: BONNARENS DRIES					Q-time: 02:58:95
PB (50m pool): 02:58.95 Wezenberg Topsportbad, Antwerp 18/03/2026					PB (25m pool): 02:51.94 SB: 02:59.94 Lochristi 01/02/2026
	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: 20: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:26
Heat: 2/3 Lane : 1 Athlete: BONNARENS DRIES					Q-time: 01:06:38
PB (50m pool): 01:04.62 Antwerpen 15/03/2026					PB (25m pool): 01:03.25 SB: 01:04.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M			
PB	00:30.97	01:04.62			
	00:30.97	00:33.65			
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:26
Heat: 2/3 Lane : 8 Athlete: VAN DAELE NAND					Q-time: 01:06:38
PB (50m pool): 01:02.57 Antwerpen 08/03/2026					PB (25m pool): 01:03.20 SB: 01:02.57 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:30.60	01:02.57			
	00:30.60	00:31.97			
					

Coach feedback:

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Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 16:30
Heat: 1/4 Lane : 7 Athlete: DELEUZE KATO			Q-time: 01:40:99
PB (50m pool): 01:22.96 MOUSCRON 29/05/2025			PB (25m pool): 01:23.12 SB: 01:26.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.16	01:22.96	
	00:40.16	00:42.80	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 16:37
Heat: 1/6 Lane : 7 Athlete: HADI RAYAN			Q-time: 99:99:99
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: 22: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 16:40
Heat: 2/6 Lane : 4 Athlete: VRAMBOUT MAURICE			Q-time: 01:25:99
PB (50m pool): no time			PB (25m pool): 01:25.99 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 16:43
Heat: 3/6 Lane : 7 Athlete: VAN DEN HAUTE EMILE			Q-time: 01:24:53
PB (50m pool): no time			PB (25m pool): 01:24.53 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 16:45
Heat: 4/6 Lane : 6 Athlete: DE VLIEGER ELIOTT			Q-time: 01:18:27
PB (50m pool): 01:14.36 Antwerpen 08/03/2026			PB (25m pool): 01:13.40 SB: 01:14.36 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:35.87	01:14.36	
	00:35.87	00:38.49	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:55
Heat: 2/4 Lane : 7 Athlete: TABARY HORTENSE			Q-time: 01:35:57
PB (50m pool): 01:35.57 La Louvière 29/11/2025			PB (25m pool): 01:41.24 SB: 01:35.57 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:47.20	01:35.57	
	00:47.20	00:48.37	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 4 Athlete: CARDON QIETTA			Q-time: 01:22:24
PB (50m pool): 01:27.09 Antwerpen 14/07/2024			PB (25m pool): 01:22.24 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:27.09	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 17:00
Heat: 4/4 Lane : 5 Athlete: VAN DAELE LORE			Q-time: 01:13:91
PB (50m pool): 01:13.13 Antwerpen 28/07/2024			PB (25m pool): 01:12.34 SB: 01:15.35 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.13	
	no time		
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 17:04
Heat: 2/3 Lane : 4 Athlete: CASIER JARNE			Q-time: 01:29:30
PB (50m pool): 01:26.15 Antwerpen 15/03/2026			PB (25m pool): 01:25.73 SB: 01:26.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.59	01:26.15	
	00:41.59	00:44.56	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 3 Athlete: VAN DAELE DAAN			Q-time: 01:13:25
PB (50m pool): 01:11.78 Antwerpen 22/03/2026			PB (25m pool): 01:09.23 SB: 01:11.78 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.35	01:11.78	
	00:34.35	00:37.43	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 17:09
Heat: 1/5 Lane : 3 Athlete: DEKEYSER ESTELLE			Q-time: 02:13:10
PB (50m pool): 02:09.62 Antwerpen 15/03/2026			PB (25m pool): no time SB: 02:09.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	01:03.29	02:09.62	
	01:03.29	01:06.33	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 8 Athlete: VANDENHOUCKE ALAÏS			Q-time: 01:55:10
PB (50m pool): 01:55.10 Lochristi 01/02/2026			PB (25m pool): 01:59.66 SB: 01:55.10 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:55.10	
	no time		
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 17:14
Heat: 3/5 Lane : 2 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: 27: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 17:29
Heat: 2/2 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)			Q-time: 01:16:18
PB (50m pool): 01:16.18 Antwerp 26/01/2025			PB (25m pool): 01:12.15 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.54	01:16.18	
	00:34.54	00:41.64	
			

Coach feedback:

Event number: 27: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 17:29
Heat: 2/2 Lane : 6 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: 01:15.88 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.93	01:15.17	
	00:34.93	00:40.24	
			

Coach feedback: