

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Cornelis Jan Pieter

Coaches: Terryen Julien

Coaches: Wibaut Annouck HEADCOACH

Coaches: Meirhaeghe Jens

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 08:50
Heat: 3/19 Lane : 9 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: 1: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 08:55
Heat: 5/19 Lane : 1 Athlete: VRAMBOUT MAURICE			Q-time: 01:42:85
PB (50m pool): no time			PB (25m pool): 01:42.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 09:03
Heat: 9/19 Lane : 0 Athlete: VAN DEN HAUTE EMILE			Q-time: 01:31:02
PB (50m pool): no time			PB (25m pool): 01:31.02 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: 1: 100M BREASTSTROKE MEN 11+			Heat:13, starttime: 09:10
Heat: 13/19 Lane : 6 Athlete: BONNARENS DRIES			Q-time: 01:19:84
PB (50m pool): 01:19.84 Antwerpen 20/04/2025			PB (25m pool): 01:18.08 SB: 01:20.96 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:37.41	01:19.84	
	00:37.41	00:42.43	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 09:12
Heat: 14/19 Lane : 7 Athlete: VAN DAELE NAND			Q-time: 01:19:27
PB (50m pool): 01:19.27 Antwerpen 08/03/2026			PB (25m pool): 01:18.52 SB: 01:19.27 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:36.07	01:19.27	
	00:36.07	00:43.20	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 09:12
Heat: 14/19 Lane : 8 Athlete: DE VLIEGER ELIOTT			Q-time: 01:19:45
PB (50m pool): 01:19.45 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 01:18.45 SB: 01:19.45 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.81	01:19.45	
	00:36.81	00:42.64	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:18, starttime: 09:19
Heat: 18/19 Lane : 8 Athlete: VANDORPE DANTE			Q-time: 01:12:66
PB (50m pool): 01:12.44 Antwerpen 28/07/2024			PB (25m pool): 01:10.31 SB: 01:14.98 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.44	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 09:23
Heat: 1/18 Lane : 2 Athlete: CORNELIS LUISA			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: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 0 Athlete: CALLAERT MAëLE			Q-time: 02:10:28
PB (50m pool): no time			PB (25m pool): 02:10.28 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 4 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:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 8 Athlete: DEKEYSER ESTELLE			Q-time: 02:09:62
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:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 9 Athlete: DELEUZE KATO			Q-time: 02:15:59
PB (50m pool): 02:00.85 MOUSCRON 29/05/2025			PB (25m pool): 02:14.01 SB: 02:15.59 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:55.71	02:00.85	
	00:55.71	01:05.14	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:33
Heat: 5/18 Lane : 0 Athlete: VERHELST LOLA			Q-time: 01:45:04
PB (50m pool): 01:45.04 Antwerpen 13/07/2025			PB (25m pool): 01:45.21 SB: 01:48.14 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:48.49	01:45.04	
	00:48.49	00:56.55	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 09:37
Heat: 7/18 Lane : 4 Athlete: MERTENS XIANA			Q-time: 01:38:69
PB (50m pool): 01:38.69 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:35.62 SB: 01:38.69 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:45.83	01:38.69	
	00:45.83	00:52.86	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 10:07
Heat: 4/14 Lane : 3 Athlete: VAN DAELE NAND			Q-time: 01:26:00
PB (50m pool): 01:26.00 La Louvière 25/05/2025			PB (25m pool): 01:16.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.25	01:26.00	
	00:38.25	00:47.75	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+				Heat:6, starttime: 10:11
Heat: 6/14 Lane : 7 Athlete: BONNARENS DRIES				Q-time: 01:18:26
PB (50m pool): 01:42.39 Antwerpen 16/07/2023				PB (25m pool): 01:18.26 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:42.39		
	no time			
				

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:3, starttime: 10:30
Heat: 3/11 Lane : 9 Athlete: MERTENS XIANA				Q-time: 01:31:87
PB (50m pool): 01:31.87 Antwerpen 13/07/2025				PB (25m pool): 01:30.72 SB: no time
	5 0 M	1 0 0 M		
PB	00:41.79	01:31.87		
	00:41.79	00:50.08		
				

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:8, starttime: 10:39
Heat: 8/11 Lane : 3 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:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:5, starttime: 11:04
Heat: 5/12 Lane : 7 Athlete: VAN DEN HAUTE EMILE					Q-time: 03:16:05
PB (50m pool): 03:16.05 Kortrijk 26/12/2025					PB (25m pool): 03:09.39 SB: 03:16.05 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.53	01:32.87	02:24.04	03:16.05	
	00:43.53	00:49.34	00:51.17	00:52.01	
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE MEN 11+					Heat:6, starttime: 11:09
Heat: 6/12 Lane : 2 Athlete: VRAMBOUT MAURICE					Q-time: 02:57:88
PB (50m pool): no time PB (25m pool): 02:57.88 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	no time	
	no time				
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:9, starttime: 11:20
Heat: 9/12 Lane : 2 Athlete: DE VLIEGER ELIOTT					Q-time: 02:38:90
PB (50m pool): 02:38.90 Antwerpen 08/03/2026 PB (25m pool): 02:59.10 SB: 02:38.90 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.15	01:17.80	01:59.09	02:38.90	
	00:37.15	00:40.65	00:41.29	00:39.81	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:11, starttime: 11:27
Heat: 11/12 Lane : 7 Athlete: VANDORPE DANTE					Q-time: 02:31:03
PB (50m pool): 02:31.03 Antwerpen 20/04/2025 PB (25m pool): 02:24.92 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.37	01:12.98	01:51.93	02:31.03	
	00:35.37	00:37.61	00:38.95	00:39.10	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 11:42
Heat: 3/16 Lane : 2 Athlete: DELEUZE KATO					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:

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Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 11:42
Heat: 3/16 Lane : 5 Athlete: CORNELIS LUISA					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: 6: 200M BACKSTROKE WOMEN 11+					Heat:5, starttime: 11:52
Heat: 5/16 Lane : 1 Athlete: DEKEYSER ESTELLE					Q-time: 03:49:72
PB (50m pool): 03:49.72 Kortrijk 26/12/2025 PB (25m pool): 03:53.25 SB: 03:49.72 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:52.70	02:52.38	03:49.72	
	no time		00:59.68	00:57.34	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:5, starttime: 11:52
Heat: 5/16 Lane : 8 Athlete: VANDENHOUCKE ALAÏS					Q-time: 03:52:45
PB (50m pool): 03:52.45 La Louvière 25/05/2025 PB (25m pool): 03:21.93 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.15	01:54.51	02:56.75	03:52.45	
	00:55.15	00:59.36	01:02.24	00:55.70	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:6, starttime: 11:56
Heat: 6/16 Lane : 9 Athlete: VERHELST LOLA					Q-time: 03:33:49
PB (50m pool): 03:50.22 Antwerpen 14/07/2024 PB (25m pool): 03:33.49 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	03:50.22	
	no time				
					

Coach feedback:

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Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23
Heat: 13/16 Lane : 7 Athlete: VAN OOTEGHEM KYANA					Q-time: 02:44:27
PB (50m pool): 02:44.27 Antwerpen 13/07/2025					PB (25m pool): 02:37.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.11	01:21.23	02:03.13	02:44.27	
	00:39.11	00:42.12	00:41.90	00:41.14	
					

Coach feedback: