

FIRST Swim Meeting: Session: 3: 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: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 3 Athlete: CORNELIS LUISA			Q-time: 01:45:43
PB (50m pool): no time		PB (25m pool): 01:36.61 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 5 Athlete: CALLAERT MAËLE			Q-time: 01:40:12
PB (50m pool): 01:40.12 La Louvière 29/11/2025		PB (25m pool): no time SB: 01:40.12 La Louvière 29/11/2025	
	5 0 M	1 0 0 M	
PB	00:47.68	01:40.12	
	00:47.68	00:52.44	
	.	.	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 3 Athlete: DELEUZE KATO			Q-time: 01:26:92
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:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 9 Athlete: VERHELST LOLA			Q-time: 01:25:02
PB (50m pool): 01:25.02 Lochristi 01/02/2026			PB (25m pool): 01:22.37 SB: 01:25.02 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:25.02	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 9 Athlete: VANDENHOUCKE ALAÏS			Q-time: 01:19:66
PB (50m pool): 01:19.66 Lochristi 01/02/2026			PB (25m pool): 01:15.86 SB: 01:19.66 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.66	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 1 Athlete: MERTENS XIANA			Q-time: 01:12:12
PB (50m pool): 01:12.12 Antwerpen 13/07/2025			PB (25m pool): 01:09.75 SB: 01:12.65 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.06	01:12.12	
	00:35.06	00:37.06	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 3 Athlete: VAN OOTEGHEM KYANA			Q-time: 01:08:81
PB (50m pool): 01:08.81 La Louvière 25/05/2025			PB (25m pool): 01:06.31 SB: 01:11.98 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.73	01:08.81	
	00:32.73	00:36.08	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 6 Athlete: VAN DAELE LORE			Q-time: 01:04:21
PB (50m pool): 01:04.21 Antwerp 02/02/2025			PB (25m pool): 01:03.10 SB: 01:05.90 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.71	01:04.21	
	00:30.71	00:33.50	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 4 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: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 0 Athlete: VAN DEN HAUTE EMILE			Q-time: 01:12:60
PB (50m pool): 01:12.60 Lochristi 01/02/2026			PB (25m pool): 01:20.17 SB: 01:12.60 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.60	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 0 Athlete: DE VLIEGER ELIOTT			Q-time: 01:05:09
PB (50m pool): 01:05.09 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 01:05.14 SB: 01:05.09 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.76	01:05.09	
	00:30.76	00:34.33	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 2 Athlete: BONNARENS DRIES			Q-time: 01:04:62
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: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 3 Athlete: VAN DAELE NAND			Q-time: 01:02:57
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:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 7 Athlete: VANDORPE DANTE			Q-time: 00:58:36
PB (50m pool): 00:58.28 Antwerpen 28/07/2024			PB (25m pool): 00:56.45 SB: 00:59.64 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	00:58.28	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 2 Athlete: VAN DAELE DAAN			Q-time: 00:55:24
PB (50m pool): 00:55.24 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 00:54.82 SB: 00:55.24 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:26.71	00:55.24	
	00:26.71	00:28.53	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 09:58
Heat: 1/20 Lane : 4 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: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 0 Athlete: CALLAERT MAËLE			Q-time: 01:52:35
PB (50m pool): 01:52.35 La Louvière 29/11/2025			PB (25m pool): no time SB: 01:52.35 La Louvière 29/11/2025
	5 0 M	1 0 0 M	
PB	00:55.07	01:52.35	
	00:55.07	00:57.28	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 5 Athlete: DELEUZE KATO			Q-time: 01:41:79
PB (50m pool): 01:41.79 Antwerpen 15/03/2026			PB (25m pool): 01:45.70 SB: 01:41.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.94	01:41.79	
	00:49.94	00:51.85	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 5 Athlete: VANDENHOUCKE ALAÏS			Q-time: 01:37:57
PB (50m pool): 01:37.57 Lochristi 01/02/2026			PB (25m pool): 01:37.97 SB: 01:37.57 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:37.57	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 6 Athlete: VERHELST LOLA			Q-time: 01:38:13
PB (50m pool): 01:38.13 Lochristi 01/02/2026			PB (25m pool): 01:35.73 SB: 01:38.13 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:38.13	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 10:18
Heat: 9/20 Lane : 4 Athlete: MERTENS XIANA			Q-time: 01:24:77
PB (50m pool): 01:24.77 Antwerpen 15/03/2026			PB (25m pool): 01:25.11 SB: 01:24.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.85	01:24.77	
	00:40.85	00:43.92	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 10:39
Heat: 19/20 Lane : 0 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:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 3 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:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 6 Athlete: BONNARENS DRIES			Q-time: 01:30:10
PB (50m pool): 01:30.10 Antwerpen 14/07/2024			PB (25m pool): 01:19.84 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:30.10	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 7 Athlete: VRAMBOUT MAURICE			Q-time: 01:27:14
PB (50m pool): 01:27.14 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:25.99 SB: 01:27.14 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:43.11	01:27.14	
	00:43.11	00:44.03	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 1 Athlete: VAN DEN HAUTE EMILE			Q-time: 01:24:79
PB (50m pool): 01:24.79 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:24.53 SB: 01:24.79 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:40.38	01:24.79	
	00:40.38	00:44.41	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 0 Athlete: VAN DAELE NAND			Q-time: 01:20:65
PB (50m pool): 01:20.65 La Louvière 25/05/2025			PB (25m pool): 01:13.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.68	01:20.65	
	00:38.68	00:41.97	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+										Heat:13, starttime: 11:09	
Heat: 13/19 Lane : 5 Athlete: DE VLIEGER ELIOTT										Q-time: 01:13:42	
PB (50m pool): 01:13.42 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:13.40 SB: 01:13.42 Sportoase De Watermolen 29/03/2026											
	5 0 M		1 0 0 M								
PB	00:35.44		01:13.42								
	00:35.44		00:37.98								
											

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:23	
Heat: 1/2 Lane : 4 Athlete: VAN OOTEGHEM KYANA							Q-time: 05:53:64	
PB (50m pool): 05:53.64 Antwerpen 20/07/2025								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 4 Athlete: VANDORPE DANTE							Q-time: 05:23:63	
PB (50m pool): 05:06.25 Antwerpen 28/07/2024								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 4 Athlete: VAN DAELE DAAN							Q-time: 04:50:10	
PB (50m pool): 04:50.10 Antwerpen 27/07/2025			PB (25m pool): 04:49.57 SB: 04:53.97 Antwerpen 22/03/2026					
	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	00:31.32	01:06.71	01:44.25	02:21.06	03:01.80	03:43.43	04:17.59	04:50.10
	00:31.32	00:35.39	00:37.54	00:36.81	00:40.74	00:41.63	00:34.16	00:32.51
								

Coach feedback: