

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 07:45 until 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandorpe Aaron

Coaches: Cornelis Isaac

Coaches: Meirhaeghe Jens

Coaches: Terryn Julien

Coaches: Cornelis Jan Pieter

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:1, starttime: 09:09	
Heat: 1/9 Lane : 5 Athlete: VRAMBOU MAURICE		Q-time: 01:42:85	
PB (50m pool): no time		PB (25m pool): 01:42.85 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:4, starttime: 09:15	
Heat: 4/9 Lane : 4 Athlete: BLOMMAERT CÉLIAN		Q-time: 01:22:27	
PB (50m pool): 01:22.27 Lochristi 01/02/2026		PB (25m pool): 01:21.02 SB: 01:22.27 Lochristi 01/02/2026	
	50 M	100 M	
PB	no time	01:22.27	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:4, starttime: 09:15	
Heat: 4/9 Lane : 8 Athlete: CASIER JARNE		Q-time: 01:26:15	
PB (50m pool): 01:26.15 Antwerpen 15/03/2026		PB (25m pool): 01:25.73 SB: 01:26.15 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:41.59	01:26.15	
	<i>00:41.59</i>	<i>00:44.56</i>	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:6, starttime: 09:19	
Heat: 6/9 Lane : 1 Athlete: BONNARENS DRIES		Q-time: 01:20:96	
PB (50m pool): 01:19.84 Antwerpen 20/04/2025		PB (25m pool): 01:18.08 SB: 01:20.96 Lochristi 01/02/2026	
	50 M	100 M	
PB	00:37.41	01:19.84	
	00:37.41	00:42.43	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:1, starttime: 09:27	
Heat: 1/15 Lane : 7 Athlete: VERHELST LOLA		Q-time: 01:22:67	
PB (50m pool): 01:22.67 Sportoase De Watermolen 24/05/2026		PB (25m pool): 01:22.37 SB: 01:22.67 Sportoase De Watermolen 24/05/2026	
	50 M	100 M	
PB	00:38.70	01:22.67	
	00:38.70	00:43.97	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:7, starttime: 09:37	
Heat: 7/15 Lane : 5 Athlete: VAN OOTEGHEM KYANA		Q-time: 01:09:45	
PB (50m pool): 01:08.81 La Louvière 25/05/2025		PB (25m pool): 01:06.31 SB: 01:09.45 Stuttgart 26/04/2026	
	50 M	100 M	
PB	00:32.73	01:08.81	
	00:32.73	00:36.08	
	

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12			Heat:1, starttime: 09:52	
Heat: 1/9 Lane : 7 Athlete: DELEUZE KATO			Q-time: 04:14:34	
PB (50m pool): 04:14.34 Stuttgart 26/04/2026			PB (25m pool): no time SB: 04:14.34 Stuttgart 26/04/2026	
	50 M	100 M	150 M	200 M
PB	01:05.31	02:05.85	03:19.39	04:14.34
	01:05.31	01:00.54	01:13.54	00:54.95

Coach feedback:

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Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:1, starttime: 10:41	
Heat: 1/7 Lane : 3 Athlete: DHOOGHE FELIZ				Q-time: 03:59:28	
PB (50m pool): 04:17.10 MOUSCRON 29/05/2025			PB (25m pool): 03:59.28 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:56.20	02:04.24	03:10.91	04:17.10	
	00:56.20	01:08.04	01:06.67	01:06.19	
	

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:3, starttime: 10:50	
Heat: 3/7 Lane : 7 Athlete: MERTENS XIANA				Q-time: 03:34:91	
PB (50m pool): 03:34.91 Lochristi 01/02/2026			PB (25m pool): 03:26.39 SB: 03:34.91 Lochristi 01/02/2026		
	50 M	100 M	150 M	200 M	
PB	no time	01:43.04	no time	03:34.91	
	no time				
	

Coach feedback: