

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 until 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandorpe Aaron

Coaches: Cornelis Isaac

Coaches: Meirhaeghe Jens

Coaches: Terry Julien

Coaches: Cornelis Jan Pieter

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12 Heat:2, starttime: 14:03

Heat: 2/12 Lane : 2 Athlete: CORNELIS LUISA Q-time: 01:46:44

PB (50m pool): 01:46.44 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 01:46.44 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:51.19	01:46.44	
	00:51.19	00:55.25	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 Heat:4, starttime: 14:09

Heat: 4/12 Lane : 4 Athlete: DELEUZE KATO Q-time: 01:38:58

PB (50m pool): 01:38.58 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:36.73 SB: 01:38.58 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:47.22	01:38.58	
	00:47.22	00:51.36	
	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 Heat:1, starttime: 14:32

Heat: 1/8 Lane : 5 Athlete: DHOOGHE FELIZ Q-time: 00:50:75

PB (50m pool): 00:54.96 MOUSCRON 29/05/2025 PB (25m pool): 00:50.75 SB: no time

	50 M	
PB	00:54.96	
	00:54.96	
	

Coach feedback:

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 30: 50M BREASTSTROKE WOMEN 13-14		Heat:6, starttime: 14:38
Heat: 6/8 Lane : 4 Athlete: MERTENS XIANA		Q-time: 00:42:92
PB (50m pool): 00:42.92 Antwerpen 15/03/2026		PB (25m pool): 00:42.87 SB: 00:42.92 Antwerpen 15/03/2026
	50 M	
PB	00:42.92	
	00:42.92	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:1, starttime: 15:20
Heat: 1/14 Lane : 3 Athlete: VERHELST LOLA		Q-time: 00:36:76
PB (50m pool): 00:36.76 Sportoase De Watermolen 24/05/2026		PB (25m pool): 00:37.24 SB: 00:36.76 Sportoase De Watermolen 24/05/2026
	50 M	
PB	00:36.76	
	00:36.76	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:11, starttime: 15:30
Heat: 11/14 Lane : 6 Athlete: VAN DAELE LORE		Q-time: 00:30:37
PB (50m pool): 00:30.23 Aalst 28/04/2024		PB (25m pool): 00:29.78 SB: 00:30.37 Antwerpen 15/03/2026
	50 M	
PB	00:30.23	
	00:30.23	
	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:1, starttime: 15:56
Heat: 1/12 Lane : 3 Athlete: DELEUZE KATO		Q-time: 02:08:29
PB (50m pool): 02:00.85 MOUSCRON 29/05/2025		PB (25m pool): 02:14.01 SB: 02:08.29 Lago Gent Rozebroeken 03/05/2026
	50 M	100 M
PB	00:55.71	02:00.85
	00:55.71	01:05.14

Coach feedback:

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:1, starttime: 15:56	
Heat: 1/12 Lane : 6 Athlete: CORNELIS LUISA		Q-time: 02:13:49	
PB (50m pool): 02:13.49 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 02:13.49 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	01:02.30	02:13.49	
	01:02.30	01:11.19	
	

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+			Heat:2, starttime: 16:29		
Heat: 2/13 Lane : 5 Athlete: VRAMBOU MAURICE			Q-time: 02:40:96		
PB (50m pool): 02:40.96 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:34.05 SB: 02:40.96 Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:35.57	01:18.88	02:02.00	02:40.96	
	00:35.57	00:43.31	00:43.12	00:38.96	
	

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+			Heat:4, starttime: 16:35		
Heat: 4/13 Lane : 2 Athlete: CASIER JARNE			Q-time: 02:30:66		
PB (50m pool): 02:30.66 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:23.18 SB: 02:30.66 Sportoase De Watermolen 29/03/2026					
	50 M	100 M	150 M	200 M	
PB	00:35.06	01:14.37	01:53.97	02:30.66	
	00:35.06	00:39.31	00:39.60	00:36.69	
	

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+			Heat:9, starttime: 16:50		
Heat: 9/13 Lane : 1 Athlete: BONNARENS DRIES			Q-time: 02:18:67		
PB (50m pool): 02:18.67 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:24.87 SB: 02:18.67 Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:31.16	01:06.66	01:43.53	02:18.67	
	00:31.16	00:35.50	00:36.87	00:35.14	
	

Coach feedback:

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 35: 200M FREESTYLE MEN 15+ Heat:10, starttime: 16:53

Heat: 10/13 Lane : 6 Athlete: BLOMMAERT CÉLIAN Q-time: 02:14:65

PB (50m pool): 02:29.72 Antwerpen 13/07/2025 PB (25m pool): 02:14.65 SB: no time

	50 M	100 M	150 M	200 M	
PB	00:34.23	01:12.27	01:51.88	02:29.72	
	00:34.23	00:38.04	00:39.61	00:37.84	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14 Heat:4, starttime: 17:12

Heat: 4/11 Lane : 4 Athlete: TABARY HORTENSE Q-time: 01:30:30

PB (50m pool): 01:30.30 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:41.24 SB: 01:30.30 Sportoase De Watermolen 29/03/2026

	50 M	100 M	
PB	00:44.15	01:30.30	
	00:44.15	00:46.15	
	

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+ Heat:7, starttime: 17:56

Heat: 7/7 Lane : 8 Athlete: VAN OOTEGHEM KYANA Q-time: 01:14:51

PB (50m pool): 01:14.51 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:13.93 SB: 01:14.51 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:34.01	01:14.51	
	00:34.01	00:40.50	
	

Coach feedback: