

ZC 2026: Session: 5: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 08:15 until 09:15. 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: 39: 100M FREESTYLE WOMEN 13-14		Heat:2, starttime: 09:32	
Heat: 2/12 Lane : 4 Athlete: DHOOGHE FELIZ		Q-time: 01:19:33	
PB (50m pool): 01:19.33 Stuttgart 26/04/2026		PB (25m pool): 01:20.37 SB: 01:19.33 Stuttgart 26/04/2026	
	50 M	100 M	
PB	00:38.03	01:19.33	
	00:38.03	00:41.30	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14		Heat:3, starttime: 09:34	
Heat: 3/12 Lane : 7 Athlete: TABARY HORTENSE		Q-time: 01:18:00	
PB (50m pool): 01:18.00 Antwerpen 15/03/2026		PB (25m pool): 01:14.51 SB: 01:18.00 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:37.66	01:18.00	
	00:37.66	00:40.34	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14		Heat:10, starttime: 09:46	
Heat: 10/12 Lane : 5 Athlete: MERTENS XIANA		Q-time: 01:10:56	
PB (50m pool): 01:10.56 Sportoase De Watermolen 24/05/2026		PB (25m pool): 01:08.56 SB: 01:10.56 Sportoase De Watermolen 24/05/2026	
	50 M	100 M	
PB	00:33.93	01:10.56	
	00:33.93	00:36.63	
	

Coach feedback:

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Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:1, starttime: 10:13
Heat: 1/8 Lane : 1 Athlete: VERHELST LOLA		Q-time: 00:50:83
PB (50m pool): 00:50.83 Stuttgart 26/04/2026		PB (25m pool): 00:48.63 SB: 00:50.83 Stuttgart 26/04/2026
	50 M	
PB	00:50.83	
	00:50.83	
	

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+				Heat:4, starttime: 10:47
Heat: 4/5 Lane : 8 Athlete: VAN OOTEGHEM KYANA				Q-time: 02:47:53
PB (50m pool): 02:44.27 Antwerpen 13/07/2025		PB (25m pool): 02:37.45 SB: 02:47.53 Stuttgart 26/04/2026		
	50 M	100 M	150 M	200 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:

Event number: 43: 200M BACKSTROKE WOMEN 15+				Heat:5, starttime: 10:50
Heat: 5/5 Lane : 8 Athlete: VAN DAELE LORE				Q-time: 02:45:05
PB (50m pool): 02:38.49 Antwerpen 28/07/2024		PB (25m pool): 02:34.33 SB: 02:45.05 Stuttgart 26/04/2026		
	50 M	100 M	150 M	200 M
PB	no time	no time	no time	02:38.49
	no time			

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+		Heat:1, starttime: 10:54
Heat: 1/11 Lane : 4 Athlete: VRAMBOU MAURICE		Q-time: 00:39:36
PB (50m pool): 00:39.36 Sportoase De Watermolen 24/05/2026		PB (25m pool): 00:36.06 SB: 00:39.36 Sportoase De Watermolen 24/05/2026
	50 M	
PB	00:39.36	
	00:39.36	
	

Coach feedback:

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Event number: 45: 50M BUTTERFLY WOMEN 13-14		Heat:3, starttime: 11:09
Heat: 3/7 Lane : 5 Athlete: TABARY HORTENSE		Q-time: 00:41:00
PB (50m pool): 00:41.00 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:41.10 SB: 00:41.00 Sportoase De Watermolen 29/03/2026		
	5 0 M	
PB	00:41.00	
	00:41.00	
	

Coach feedback: