

Memorial V.D.G. : Session: 1: COACH evaluation sheet for TEAM: RSCM

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

Coaches: Drabs Hanne HEADCOACH

Coaches: Van Den Bosch Jeroen

PB => Personal Best time

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

Event number: 3: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:44
Heat: 5/11 Lane : 3 Athlete: DOUWEN ALEXIA					Q-time: 01:17:80
PB (25m pool): 01:17.80 Groenenhoek Berchem 05/10/2025 PB (50m pool): 01:11.83 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.67		01:17.80	
		00:37.67		00:40.13	
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:47
Heat: 7/11 Lane : 1 Athlete: OP DE BEECK MONA					Q-time: 01:16:59
PB (25m pool): 01:16.59 Nijlen 16/11/2025 PB (50m pool): 01:16.12 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.01		01:16.59	
		00:37.01		00:39.58	
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:47
Heat: 7/11 Lane : 2 Athlete: MEYSMANS AXELLE					Q-time: 01:15:49
PB (25m pool): 01:15.49 Nijlen 16/11/2025 PB (50m pool): 01:15.35 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.96		01:15.49	
		00:35.96		00:39.53	
					

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:54
Heat: 11/11 Lane : 4 Athlete: VAN DEN BOSCH MAXINE					Q-time: 01:01:33
PB (25m pool): 01:00.16 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:01.33 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.79		01:00.16	
	00:28.79		00:31.37		
					

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:1, starttime: 14:56
Heat: 1/4 Lane : 2 Athlete: VAN DEN BOSCH FREDERIC					Q-time: 99:99:99
PB (25m pool): 00:24.88 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:25.07 SB: no time					
	2 5 M	5 0 M			
PB		00:24.88			
	00:24.88				
					

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:1, starttime: 14:56
Heat: 1/4 Lane : 5 Athlete: DEWULF JOEP					Q-time: 99:99:99
PB (25m pool): 00:30.33 Kapellen 03/11/2024 PB (50m pool): 00:30.16 SB: no time					
	2 5 M	5 0 M			
PB		00:30.33			
	00:30.33				
					

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:4, starttime: 14:59
Heat: 4/4 Lane : 1 Athlete: VANHOOF WANNES					Q-time: 00:27:77
PB (25m pool): 00:27.77 Stedelijk zwembad Geel 15/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:27.77			
	00:27.77				
					

Coach feedback:

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Event number: 4: 50M FREESTYLE MEN 11+			Heat:4, starttime: 14:59
Heat: 4/4 Lane : 2 Athlete: VAN GORP LOWIE			Q-time: 00:26:50
PB (25m pool): 00:25.79 Mol 15/10/2023			PB (50m pool): 00:26.83 SB: no time
	2 5 M	5 0 M	
PB		00:25.79	
		00:25.79	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+			Heat:4, starttime: 14:59
Heat: 4/4 Lane : 5 Athlete: CASTEELS VIC			Q-time: 00:27:50
PB (25m pool): 00:28.97 Kapellen 03/11/2024			PB (50m pool): 00:28.69 SB: no time
	2 5 M	5 0 M	
PB		00:28.97	
		00:28.97	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:5, starttime: 15:08
Heat: 5/5 Lane : 2 Athlete: VANHOOF MARIEKE			Q-time: 00:32:68
PB (25m pool): 00:30.98 Gent(Sint-Amandsberg) 11/11/2024			PB (50m pool): 00:31.02 SB: no time
	2 5 M	5 0 M	
PB		00:30.98	
		00:30.98	
			

Coach feedback:

Event number: 8: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 15:19
Heat: 5/5 Lane : 3 Athlete: VAN DEN BOSCH MAXINE			Q-time: 00:27:85
PB (25m pool): 00:27.85 Gent 09/11/2025			PB (50m pool): 00:28.73 SB: no time
	2 5 M	5 0 M	
PB		00:27.85	
		00:27.85	
			

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:04
Heat: 6/6 Lane : 2 Athlete: VAN DEN BOSCH FREDERIC			Q-time: 00:26:78
PB (25m pool): 00:26.62 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:26.31 SB: no time			
	2 5 M	5 0 M	
PB		00:26.62	
		00:26.62	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:04
Heat: 6/6 Lane : 3 Athlete: BAECKELMANS JARNE			Q-time: 00:25:93
PB (25m pool): 00:24.94 Leuven 13/11/2022 PB (50m pool): 00:25.69 SB: no time			
	2 5 M	5 0 M	
PB		00:24.94	
		00:24.94	
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 16:13
Heat: 1/2 Lane : 1 Athlete: DEWULF JOEP			Q-time: 99:99:99
PB (25m pool): 00:35.50 Kapellen 03/11/2024 PB (50m pool): 00:34.47 SB: no time			
	2 5 M	5 0 M	
PB		00:35.50	
		00:35.50	
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 16:15
Heat: 2/2 Lane : 2 Athlete: VAN GORP LOWIE			Q-time: 00:30:63
PB (25m pool): 00:28.48 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:30.43 SB: no time			
	2 5 M	5 0 M	
PB		00:28.48	
		00:28.48	
			

Coach feedback:

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Event number: 12: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 16:15
Heat: 2/2 Lane : 4 Athlete: VANHOOF WANNES			Q-time: 00:30:51
PB (25m pool): 00:30.51 Dilbeek 28/09/2025			PB (50m pool): 00:31.25 SB: no time
	2 5 M	5 0 M	
PB		00:30.51	
		00:30.51	
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 16:15
Heat: 2/2 Lane : 5 Athlete: CASTEELS VIC			Q-time: 00:30:83
PB (25m pool): 00:31.93 Dilbeek 28/09/2025			PB (50m pool): 00:30.17 SB: no time
	2 5 M	5 0 M	
PB		00:31.93	
		00:31.93	
			

Coach feedback:

Event number: 13: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:18
Heat: 3/5 Lane : 2 Athlete: DOUWEN ALEXIA			Q-time: 00:35:45
PB (25m pool): 00:35.45 Overijse 29/11/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:35.45	
		00:35.45	
			

Coach feedback:

Event number: 13: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:18
Heat: 3/5 Lane : 3 Athlete: MEYSMANS AXELLE			Q-time: 00:34:00
PB (25m pool): 00:34.00 Arendonk 31/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:34.00	
		00:34.00	
			

Coach feedback:

Memorial V.D.G. : Session: 1: COACH evaluation sheet for TEAM: RSCM

Event number: 13: 50M FREESTYLE WOMEN 11+				Heat:4, starttime: 16:19
Heat: 4/5 Lane : 5 Athlete: OP DE BEECK MONA				Q-time: 00:33:12
PB (25m pool): 00:33.12 Arendonk 31/05/2026 PB (50m pool): no time SB: no time				
	2 5 M	5 0 M		
PB		00:33.12		
	00:33.12			
				

Coach feedback:

Event number: 13: 50M FREESTYLE WOMEN 11+				Heat:5, starttime: 16:20
Heat: 5/5 Lane : 3 Athlete: VAN DEN BOSCH MAXINE				Q-time: 00:27:90
PB (25m pool): 00:27.14 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:28.08 SB: no time				
	2 5 M	5 0 M		
PB		00:27.14		
	00:27.14			
				

Coach feedback:

Event number: 13: 50M FREESTYLE WOMEN 11+				Heat:5, starttime: 16:20
Heat: 5/5 Lane : 5 Athlete: VANHOOF MARIEKE				Q-time: 00:29:29
PB (25m pool): 00:29.29 Dilbeek 28/09/2025 PB (50m pool): 00:28.55 SB: no time				
	2 5 M	5 0 M		
PB		00:29.29		
	00:29.29			
				

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 11+					Heat:9, starttime: 16:37
Heat: 9/11 Lane : 3 Athlete: DEWULF JOEP					Q-time: 01:03:20
PB (25m pool): 01:03.20 Dilbeek 28/09/2025 PB (50m pool): 01:02.46 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.04		01:03.20	
	00:31.04		00:32.16		
					

Coach feedback:

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Event number: 14: 100M FREESTYLE MEN 11+					Heat:10, starttime: 16:38
Heat: 10/11 Lane : 3 Athlete: VANHOOF WANNES					Q-time: 00:57:47
PB (25m pool): 00:57.47 Dilbeek 28/09/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.96		00:57.47	
	00:27.96		00:29.51		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 11+					Heat:11, starttime: 16:40
Heat: 11/11 Lane : 3 Athlete: VAN DEN BOSCH FREDERIC					Q-time: 00:54:17
PB (25m pool): 00:54.45 Nijlen 17/11/2024					PB (50m pool): 00:55.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.84		00:54.45	
	00:25.84		00:28.61		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 11+					Heat:11, starttime: 16:40
Heat: 11/11 Lane : 5 Athlete: BAECKELMANS JARNE					Q-time: 00:56:59
PB (25m pool): 00:55.73 Nijlen 19/11/2023					PB (50m pool): 00:56.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:55.73	
	no time				
					

Coach feedback: