

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Terryen Julien

Coaches: Meirhaeghe Jens

Coaches: Vandorpe Aaron

Coaches: Wibaut Annouck HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:10	
Heat: 1/1 Lane : 5 Athlete: VAN OOTEGHEM KYANA							Q-time: 02:50:20	
PB (25m pool): 02:50.20 LEUVEN 23/11/2025				PB (50m pool): 02:47.85 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.51		01:17.13		02:02.30		02:50.20
	00:35.51		00:41.62		00:45.17		00:47.90	
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:2, starttime: 09:16	
Heat: 2/18 Lane : 5 Athlete: VAN DEN HAUTE EMILE							Q-time: 01:20:17	
PB (25m pool): 01:20.17 Zottegem 09/03/2025				PB (50m pool): 01:09.03SB: no time				
PB	2 5 M	5 0 M	7 5 M	1 0 0 M				
		00:37.17		01:20.17				
	00:37.17		00:43.00					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:20
Heat: 4/18 Lane : 2 Athlete: GLORIEUX ALEXANDER				Q-time: 01:14:65	
PB (25m pool): 01:14.65 Mons 27/06/2026			PB (50m pool): 01:19.26SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.28		01:14.65	
	00:36.28		00:38.37		
					

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:27
Heat: 8/18 Lane : 6 Athlete: VRAMBOUT MAURICE					Q-time: 01:05:47
PB (25m pool): 01:05.47 Mons 27/06/2026					PB (50m pool): 01:09.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.93		01:05.47	
	00:31.93		00:33.54		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:30
Heat: 10/18 Lane : 1 Athlete: BONNARENS DRIES					Q-time: 01:03:25
PB (25m pool): 01:03.25 Temse 21/12/2025					PB (50m pool): 01:02.29 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.87		01:03.25	
	00:29.87		00:33.38		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:33
Heat: 12/18 Lane : 4 Athlete: BLOMMAERT CÉLIAN					Q-time: 01:00:39
PB (25m pool): 01:00.39 Mons 27/06/2026					PB (50m pool): 01:02.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.94		01:00.39	
	00:28.94		00:31.45		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:13, starttime: 09:34
Heat: 13/18 Lane : 2 Athlete: VAN DAELE NAND					Q-time: 01:00:15
PB (25m pool): 01:00.15 Mons 27/06/2026					PB (50m pool): 01:00.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.56		01:00.15	
	00:28.56		00:31.59		
					

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 2: 100M FREESTYLE MEN 11+					Heat:17, starttime: 09:40
Heat: 17/18 Lane : 7 Athlete: VANDORPE DANTE					Q-time: 00:56:45
PB (25m pool): 00:56.45 Tournai 18/01/2026					PB (50m pool): 00:58.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.03		00:56.45	
	00:27.03		00:29.42		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:18, starttime: 09:42
Heat: 18/18 Lane : 7 Athlete: VAN DAELE DAAN					Q-time: 00:54:82
PB (25m pool): 00:54.82 T Rosco 12/10/2025					PB (50m pool): 00:55.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.27		00:54.82	
	00:26.27		00:28.55		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:44
Heat: 1/14 Lane : 1 Athlete: DELEUZE KATO							Q-time: 04:14:34
PB (25m pool): no time							PB (50m pool): 04:14.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		no time		no time		no time	no time
	no time						
							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:44
Heat: 1/14 Lane : 2 Athlete: DEKEYSER ESTELLE							Q-time: 03:47:15
PB (25m pool): 03:47.15 Tournai 18/01/2026							PB (50m pool): 03:47.21 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:53.25		01:47.80		02:58.88	03:47.15
	00:53.25		00:54.55		01:11.08		00:48.27
							

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:44	
Heat: 1/14 Lane : 5 Athlete: VANDENHOUCKE ALAÏS							Q-time: 03:39:25	
PB (25m pool): 03:39.25 Sint-Niklaas 28/12/2025				PB (50m pool): 03:07.58SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:53.75		no time		no time		03:39.25
	00:53.75							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:53	
Heat: 3/14 Lane : 5 Athlete: TABARY OCTAVIE							Q-time: 03:18:47	
PB (25m pool): 03:18.47 Tournai 18/01/2026				PB (50m pool): 03:07.94SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.71		01:33.70		02:32.22		03:18.47
	00:45.71		00:47.99		00:58.52		00:46.25	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:53	
Heat: 3/14 Lane : 8 Athlete: VERHELST LOLA							Q-time: 03:21:06	
PB (25m pool): 03:21.06 Tournai 18/01/2026				PB (50m pool): 03:28.26SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.63		01:37.83		02:35.81		03:21.06
	00:47.63		00:50.20		00:57.98		00:45.25	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:04	
Heat: 6/14 Lane : 7 Athlete: MERTENS XIANA							Q-time: 03:01:49	
PB (25m pool): 03:01.49 Sint-Niklaas 28/12/2025				PB (50m pool): 03:05.88SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.85		no time		no time		03:01.49
	00:40.85							
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:27	
Heat: 13/14 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)							Q-time: 02:36:56	
PB (25m pool): 02:36.56 Tournai 18/01/2026				PB (50m pool): 02:38.43 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.92		01:12.32		02:03.31		02:36.56
	00:33.92		00:38.40		00:50.99		00:33.25	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:31	
Heat: 14/14 Lane : 5 Athlete: VANDEPOORTE PAULINE							Q-time: 02:26:65	
PB (25m pool): 02:24.64 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:31.16SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.74		01:10.15		01:50.90		02:24.64
	00:31.74		00:38.41		00:40.75		00:33.74	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:3, starttime: 10:38	
Heat: 3/7 Lane : 7 Athlete: CASIER JARNE							Q-time: 01:25:73	
PB (25m pool): 01:25.73 Tournai 18/01/2026				PB (50m pool): 01:26.15 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.92		01:25.73				
	00:40.92		00:44.81					
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:4, starttime: 10:40		
Heat: 4/7 Lane : 5 Athlete: BONNARENS DRIES							Q-time: 01:18:08		
PB (25m pool): 01:18.08 T Rosco 12/10/2025				PB (50m pool): 01:19.84 SB: no time					
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:35.75				01:18.08		
	00:35.75				00:42.33				
									

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:42
Heat: 5/7 Lane : 3 Athlete: VAN DAELE NAND					Q-time: 01:15:66
PB (25m pool): 01:15.66 Mons 27/06/2026			PB (50m pool): 01:19.27 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.93		01:15.66	
	00:34.93		00:40.73		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 4 Athlete: VANDORPE DANTE					Q-time: 01:10:31
PB (25m pool): 01:10.31 Sinbad 12/01/2025			PB (50m pool): 01:12.44 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.08		01:10.31	
	00:33.08		00:37.23		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:7, starttime: 10:46
Heat: 7/7 Lane : 6 Athlete: VAN DAELE DAAN					Q-time: 01:08:59
PB (25m pool): 01:08.59 Mons 27/06/2026			PB (50m pool): 01:10.47 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.29		01:08.59	
	00:32.29		00:36.30		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 10:48	
Heat: 1/6 Lane : 5 Athlete: DHOOGHE FELIZ							Q-time: 03:07:03	
PB (25m pool): 03:38.91 Ronse 17/03/2024				PB (50m pool): 03:07.03SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		03:38.91
	no time							
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:04	
Heat: 5/6 Lane : 2 Athlete: VAN DAELE LORE							Q-time: 02:34:33	
PB (25m pool): 02:34.33 Gent 23/02/2025				PB (50m pool): 02:38.49SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.51		01:15.22		01:55.05		02:34.33
	00:36.51		00:38.71		00:39.83		00:39.28	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:6, starttime: 11:08	
Heat: 6/6 Lane : 5 Athlete: BEIJNSBERGER MARE							Q-time: 02:25:91	
PB (25m pool): 02:26.71 Diksmuide 17/11/2024				PB (50m pool): 02:25.91SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.07		01:09.94		01:48.40		02:26.71
	00:33.07		00:36.87		00:38.46		00:38.31	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 3 Athlete: CASIER JARNE							Q-time: 05:06:43	
PB (25m pool): 05:06.43 Meulebeke 10/05/2026				PB (50m pool): 05:08.67 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:10.79		no time		02:30.07
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:06.43
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 8 Athlete: VRAMBOUT MAURICE							Q-time: 05:23:11	
PB (25m pool): 05:23.11 Meulebeke 10/05/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:17.53		no time		02:41.81
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:23.11
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:29	
Heat: 4/6 Lane : 1 Athlete: DE VLIETTER ELIOTT							Q-time: 04:44:31	
PB (25m pool): 04:44.31 Meulebeke 10/05/2026				PB (50m pool): 05:04.10 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:06.57		no time		02:19.28
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:44.31
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:1, starttime: 11:45	
Heat: 1/16 Lane : 2 Athlete: DELEUZE KATO							Q-time: 01:00:65	
PB (25m pool): 01:00.65 Eeklo 19/04/2026							PB (50m pool): 00:51.28SB: no time	
	2 5 M		5 0 M					
PB			01:00.65					
	01:00.65							
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 1 Athlete: VERHELST LOLA			Q-time: 00:51:69
PB (25m pool): 00:51.69 Mons 28/06/2025			PB (50m pool): 00:48.38 SB: no time
	2 5 M	5 0 M	
PB		00:51.69	
		00:51.69	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 8 Athlete: DEKEYSER ESTELLE			Q-time: 00:52:20
PB (25m pool): 00:52.20 Eeklo 19/04/2026			PB (50m pool): 00:53.32 SB: no time
	2 5 M	5 0 M	
PB		00:52.20	
		00:52.20	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:48
Heat: 3/16 Lane : 6 Athlete: VANDENHOUCKE ALAÏS			Q-time: 00:45:35
PB (25m pool): 00:45.35 Eeklo 19/04/2026			PB (50m pool): 00:42.62 SB: no time
	2 5 M	5 0 M	
PB		00:45.35	
		00:45.35	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:50
Heat: 5/16 Lane : 1 Athlete: TABARY OCTAVIE			Q-time: 00:40:95
PB (25m pool): no time			PB (50m pool): 00:40.95 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:50
Heat: 5/16 Lane : 6 Athlete: MERTENS XIANA			Q-time: 00:40:69
PB (25m pool): 00:40.69 Mons 28/06/2025			PB (50m pool): 00:39.98 SB: no time
	2 5 M	5 0 M	
PB		00:40.69	
		00:40.69	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:55
Heat: 9/16 Lane : 7 Athlete: VAN DAELE LORE			Q-time: 00:36:09
PB (25m pool): 00:34.87 Ronse 17/03/2024			PB (50m pool): 00:34.64 SB: no time
	2 5 M	5 0 M	
PB		00:34.87	
		00:34.87	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:58
Heat: 12/16 Lane : 6 Athlete: VAN OOTEGHEM KYANA			Q-time: 00:33:16
PB (25m pool): 00:33.16 Sinbad 22/07/2025			PB (50m pool): 00:33.10 SB: no time
	2 5 M	5 0 M	
PB		00:33.16	
		00:33.16	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:15, starttime: 12:01
Heat: 15/16 Lane : 6 Athlete: MALFAIT LIZANNA (LIZI)			Q-time: 00:30:78
PB (25m pool): 00:30.78 Mons 27/06/2026			PB (50m pool): 00:30.85 SB: no time
	2 5 M	5 0 M	
PB		00:30.78	
		00:30.78	
			

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:16, starttime: 12:02
Heat: 16/16 Lane : 7 Athlete: BEIJNSBERGER MARE			Q-time: 00:29:92
PB (25m pool): 00:29.92 Mons 27/06/2026			PB (50m pool): 00:29.63 SB: no time
	2 5 M	5 0 M	
PB		00:29.92	
		00:29.92	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 12:04
Heat: 1/8 Lane : 4 Athlete: VAN DEN HAUTE EMILE			Q-time: 00:38:00
PB (25m pool): 00:38.00 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:39.14 SB: no time
	2 5 M	5 0 M	
PB		00:38.00	
		00:38.00	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:07
Heat: 3/8 Lane : 7 Athlete: BLOMMAERT CÉLIAN			Q-time: 00:35:67
PB (25m pool): 00:35.67 Mons 28/06/2025			PB (50m pool): 00:33.98 SB: no time
	2 5 M	5 0 M	
PB		00:35.67	
		00:35.67	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 12:10
Heat: 5/8 Lane : 8 Athlete: DE VLIAGER ELIOTT			Q-time: 00:34:17
PB (25m pool): 00:34.17 Temse 21/12/2025			PB (50m pool): 00:34.39 SB: no time
	2 5 M	5 0 M	
PB		00:34.17	
		00:34.17	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:7, starttime: 12:13
Heat: 7/8 Lane : 6 Athlete: VAN DAELE DAAN			Q-time: 00:30:24
PB (25m pool): 00:30.61 T Rosco 20/10/2024			PB (50m pool): 00:30.24 SB: no time
	2 5 M	5 0 M	
PB		00:30.61	
		00:30.61	
			

Coach feedback: