

PK KB OVL 26: Session: 2: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:07
Heat: 1/18 Lane : 6 Athlete: DELEUZE KATO					Q-time: 01:24:72
PB (25m pool): 01:23.12 Gent 23/02/2025			PB (50m pool): 01:22.96 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.31		01:23.12	
	00:39.31		00:43.81		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:09
Heat: 2/18 Lane : 1 Athlete: DEKEYSER ESTELLE					Q-time: 01:22:94
PB (25m pool): 01:22.94 Eeklo 19/04/2026			PB (50m pool): 01:24.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.30		01:22.94	
	00:39.30		00:43.64		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:09
Heat: 2/18 Lane : 6 Athlete: VERHELST LOLA					Q-time: 01:22:37
PB (25m pool): 01:22.37 Tournai 18/01/2026			PB (50m pool): 01:22.67 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.94		01:22.37	
	00:38.94		00:43.43		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:11
Heat: 3/18 Lane : 8 Athlete: DHOOGHE FELIZ					Q-time: 01:20:37
PB (25m pool): 01:20.37 Temse 21/12/2025			PB (50m pool): 01:18.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.37		01:20.37	
	00:38.37		00:42.00		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/18 Lane : 1 Athlete: TABARY OCTAVIE					Q-time: 01:12:10
PB (25m pool): 01:12.10 Mons 27/06/2026			PB (50m pool): 01:14.36 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:12.10	
	00:34.92		00:37.18		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/18 Lane : 7 Athlete: VANDENHOUCKE ALAÏS					Q-time: 01:12:02
PB (25m pool): 01:12.02 Mons 27/06/2026			PB (50m pool): 01:14.26 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.60		01:12.02	
	00:34.60		00:37.42		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:23
Heat: 10/18 Lane : 8 Athlete: MERTENS XIANA					Q-time: 01:08:56
PB (25m pool): 01:08.56 Mons 27/06/2026			PB (50m pool): 01:09.24 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:08.56	
	00:32.66		00:35.90		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/18 Lane : 6 Athlete: VAN OOTEGHEM KYANA					Q-time: 01:06:31
PB (25m pool): 01:06.31 LEUVEN 23/11/2025 PB (50m pool): 01:08.64 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.62		01:06.31	
	00:31.62		00:34.69		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:31
Heat: 15/18 Lane : 1 Athlete: VAN DAELE LORE					Q-time: 01:03:89
PB (25m pool): 01:03.10 Temse 23/12/2023 PB (50m pool): 01:04.21 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.10	
	no time				
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 14:34
Heat: 17/18 Lane : 5 Athlete: BEIJNSBERGER MARE					Q-time: 01:00:73
PB (25m pool): 01:00.64 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:00.81 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.02		01:00.64	
	00:29.02		00:31.62		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:18, starttime: 14:36
Heat: 18/18 Lane : 1 Athlete: VANDEPOORTE PAULINE					Q-time: 00:59:68
PB (25m pool): 00:59.68 T Rosco 12/10/2025 PB (50m pool): 01:02.77 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.68	
	no time				
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:18, starttime: 14:36
Heat: 18/18 Lane : 6 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 00:58:99
PB (25m pool): 00:58.99 Tournai 18/01/2026					PB (50m pool): 00:59.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.61		00:58.99	
	00:28.61		00:30.38		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:46	
Heat: 3/13 Lane : 6 Athlete: VAN DEN HAUTE EMILE							Q-time: 03:03:19	
PB (25m pool): 03:03.19 Tournai 18/01/2026				PB (50m pool): 03:02.41SB: 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		00:40.62		01:26.99		02:20.31		03:03.19
	00:40.62		00:46.37		00:53.32		00:42.88	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:50	
Heat: 4/13 Lane : 6 Athlete: CASIER JARNE							Q-time: 02:53:35	
PB (25m pool): 02:53.35 Sint-Niklaas 28/12/2025				PB (50m pool): 02:43.01 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		00:40.35		no time		no time		02:53.35
	00:40.35							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:00	
Heat: 7/13 Lane : 5 Athlete: VAN DAELE NAND							Q-time: 02:37:91	
PB (25m pool): 02:37.91 Sint-Niklaas 28/12/2025				PB (50m pool): 02:33.89SB: 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		00:33.39		no time		no time		02:37.91
	00:33.39							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:00	
Heat: 7/13 Lane : 7 Athlete: DE VLIEGER ELIOTT							Q-time: 02:40:74	
PB (25m pool): 02:40.74 Temse 17/11/2025				PB (50m pool): 02:34.38SB: 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		00:36.41		01:16.19		02:02.57		02:40.74
	00:36.41		00:39.78		00:46.38		00:38.17	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:03	
Heat: 8/13 Lane : 5 Athlete: BONNARENS DRIES							Q-time: 02:36:56	
PB (25m pool): 02:36.56 Sint-Niklaas 28/12/2025				PB (50m pool): 02:38.45SB: 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		00:34.77		no time		no time		02:36.56
	00:34.77							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:06	
Heat: 9/13 Lane : 1 Athlete: BLOMMAERT CÉLIAN							Q-time: 02:34:95	
PB (25m pool): 02:34.95 Tournai 18/01/2026				PB (50m pool): 02:45.14SB: 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		00:34.13		01:13.71		01:58.66		02:34.95
	00:34.13		00:39.58		00:44.95		00:36.29	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:12, starttime: 15:15	
Heat: 12/13 Lane : 3 Athlete: VANDORPE DANTE							Q-time: 02:20:61	
PB (25m pool): 02:23.11 T Rosco 12/10/2025				PB (50m pool): 02:24.67 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		00:29.93		01:07.04		01:48.77		02:23.11
	00:29.93		00:37.11		00:41.73		00:34.34	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:13, starttime: 15:18	
Heat: 13/13 Lane : 4 Athlete: VAN DAELE DAAN							Q-time: 02:14:57	
PB (25m pool): 02:14.57 T Rosco 12/10/2025				PB (50m pool): 02:16.15 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		00:28.30		01:01.77		01:41.69		02:14.57
	00:28.30		00:33.47		00:39.92		00:32.88	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 15:22	
Heat: 1/7 Lane : 4 Athlete: VERHELST LOLA						Q-time: 01:45:21		
PB (25m pool): 01:45.21 Eeklo 21/09/2025				PB (50m pool): 01:45.04 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:48.53		01:45.21				
	00:48.53		00:56.68					
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:7, starttime: 15:34	
Heat: 7/7 Lane : 3 Athlete: VANDEPOORTE PAULINE							Q-time: 01:12:28	
PB (25m pool): 01:12.27 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:14.39 SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.58		01:12.27				
	00:33.58		00:38.69					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 15:41	
Heat: 2/5 Lane : 1 Athlete: VRAMBOU MAURICE							Q-time: 02:57:88	
PB (25m pool): 02:57.88 Zottegem 01/03/2026				PB (50m pool): 02:51.75 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		00:42.03		01:28.41		no time		02:57.88
	00:42.03		00:46.38					
								

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:45	
Heat: 3/5 Lane : 3 Athlete: DE VLIEGER ELIOTT							Q-time: 02:33:65	
PB (25m pool): 02:59.10 Sinbad 29/12/2024				PB (50m pool): 02:33.65 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		00:43.16		01:28.40		no time		02:59.10
	00:43.16		00:45.24					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:4, starttime: 15:49	
Heat: 4/5 Lane : 8 Athlete: BLOMMAERT CÉLIAN							Q-time: 02:30:65	
PB (25m pool): 02:30.65 Meulebeke 10/05/2026				PB (50m pool): 02:39.31 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		00:36.21		01:14.53		no time		02:30.65
	00:36.21		00:38.32					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:02	
Heat: 2/5 Lane : 7 Athlete: MERTENS XIANA							Q-time: 05:30:82	
PB (25m pool): 05:30.82 Meulebeke 10/05/2026				PB (50m pool): 05:49.11 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		01:16.34		no time		02:41.94
	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		05:30.82
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:02	
Heat: 2/5 Lane : 8 Athlete: VANDENHOUCKE ALAÏS							Q-time: 05:37:84	
PB (25m pool): 05:37.84 Meulebeke 10/05/2026				PB (50m pool): 05:46.87 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		01:18.87		no time		02:47.92
	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		05:37.84
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:14	
Heat: 4/5 Lane : 7 Athlete: VAN OOTEGHEM KYANA							Q-time: 04:55:85	
PB (25m pool): 04:55.85 T Rosco 12/10/2025				PB (50m pool): 05:01.40 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		00:33.92		01:09.70		01:46.70		02:24.25
	00:33.92		00:35.78		00:37.00		00:37.55	
								
	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		03:02.05		03:40.32		04:18.53		04:55.85
	00:37.80		00:38.27		00:38.21		00:37.32	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 16:19	
Heat: 5/5 Lane : 3 Athlete: MALFAIT LIZANNA (LIZI)							Q-time: 04:39:66	
PB (25m pool): 04:39.66 T Rosco 12/10/2025				PB (50m pool): 04:44.79SB: 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		00:30.40		01:05.52		01:41.55		02:17.23
	00:30.40		00:35.12		00:36.03		00:35.68	
								
	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		02:53.93		03:30.07		04:05.80		04:39.66
	00:36.70		00:36.14		00:35.73		00:33.86	
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 16:25
Heat: 1/13 Lane : 4 Athlete: CASIER JARNE			Q-time: 00:44:65
PB (25m pool): 00:44.52 Ronse 17/03/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:44.52	
		00:44.52	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 16:26
Heat: 2/13 Lane : 1 Athlete: VAN DEN HAUTE EMILE			Q-time: 00:44:01
PB (25m pool): 00:44.01 Zottegem 09/03/2025			PB (50m pool): 00:37.32 SB: no time
	2 5 M	5 0 M	
PB		00:44.01	
		00:44.01	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:28
Heat: 3/13 Lane : 6 Athlete: GLORIEUX ALEXANDER			Q-time: 00:40:14
PB (25m pool): 00:40.14 Mons 27/06/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:40.14	
		00:40.14	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:30
Heat: 5/13 Lane : 5 Athlete: BONNARENS DRIES			Q-time: 00:34:56
PB (25m pool): 00:44.96 Dendermonde1 25/11/2023			PB (50m pool): 00:34.56 SB: no time
	2 5 M	5 0 M	
PB		00:44.96	
		00:44.96	
			

Coach feedback:

PK KB OVL 26: Session: 2: COACH evaluation sheet for TEAM: RSC

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:30
Heat: 5/13 Lane : 8 Athlete: VRAMBOUT MAURICE			Q-time: 00:36:06
PB (25m pool): 00:36.06 Mons 27/06/2026			PB (50m pool): 00:35.53 SB: no time
	2 5 M	5 0 M	
PB		00:36.06	
		00:36.06	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:32
Heat: 7/13 Lane : 3 Athlete: VAN DAELE NAND			Q-time: 00:32:23
PB (25m pool): 00:32.23 Temse 17/11/2025			PB (50m pool): 00:31.30 SB: no time
	2 5 M	5 0 M	
PB		00:32.23	
		00:32.23	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:11, starttime: 16:36
Heat: 11/13 Lane : 8 Athlete: VANDORPE DANTE			Q-time: 00:28:96
PB (25m pool): 00:28.96 Eeklo 21/09/2025			PB (50m pool): 00:29.61 SB: no time
	2 5 M	5 0 M	
PB		00:28.96	
		00:28.96	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:13, starttime: 16:38
Heat: 13/13 Lane : 7 Athlete: VAN DAELE DAAN			Q-time: 00:27:34
PB (25m pool): 00:27.34 Mons 27/06/2026			PB (50m pool): 00:27.88 SB: no time
	2 5 M	5 0 M	
PB		00:27.34	
		00:27.34	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:1, starttime: 16:40	
Heat: 1/7 Lane : 3 Athlete: DHOOGHE FELIZ							Q-time: 00:43:13	
PB (25m pool): 00:43.13 Sinbad 05/10/2025							PB (50m pool): 00:41.22 SB: no time	
	2 5 M		5 0 M					
PB			00:43.13					
			00:43.13					
								

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:5, starttime: 16:46	
Heat: 5/7 Lane : 2 Athlete: VAN DAELE LORE							Q-time: 00:34:00	
PB (25m pool): 00:34.00 Temse 21/12/2025							PB (50m pool): 00:34.36SB: no time	
	2 5 M		5 0 M					
PB			00:34.00					
			00:34.00					
								

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:7, starttime: 16:49	
Heat: 7/7 Lane : 8 Athlete: BEIJNSBERGER MARE							Q-time: 00:31:61	
PB (25m pool): 00:30.94 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:30.63SB: no time								
PB	2 5 M		5 0 M					
			00:30.94					
			00:30.94					
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:03	
Heat: 2/2 Lane : 3 Athlete: TEAM RSC 1							Q-time: 01:47:28	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

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Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:09	
Heat: 2/2 Lane : 3 Athlete: TEAM RSC 2							Q-time: 01:53:07	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: