

PK KB OVL 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:13
Heat: 2/10 Lane : 5 Athlete: GLORIEUX ALEXANDER					Q-time: 01:31:42
PB (25m pool): 01:31.42 LEUVEN 23/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.80		01:31.42	
	00:43.80		00:47.62		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:17
Heat: 4/10 Lane : 7 Athlete: VRAMBOUT MAURICE					Q-time: 01:23:41
PB (25m pool): 01:23.41 Zottegem 01/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.41	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:20
Heat: 6/10 Lane : 6 Athlete: CASIER JARNE					Q-time: 01:15:84
PB (25m pool): 01:15.84 Zottegem 01/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.84	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:22
Heat: 7/10 Lane : 7 Athlete: VAN DAELE NAND					Q-time: 01:14:68
PB (25m pool): 01:14.68 Temse 21/12/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.22		01:14.68	
	00:34.22		00:40.46		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:1, starttime: 09:29	
Heat: 1/9 Lane : 1 Athlete: DHOOGHE FELIZ							Q-time: 02:44:31	
PB (25m pool): 02:44.31 Meulebeke 10/05/2026				PB (50m pool): 02:44.85SB: 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		00:38.42		01:21.21		no time		02:44.31
	00:38.42		00:42.79					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:1, starttime: 09:29	
Heat: 1/9 Lane : 2 Athlete: MERTENS XIANA							Q-time: 02:43:50	
PB (25m pool): 02:43.50 Gent 23/02/2025				PB (50m pool): 02:35.09SB: 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		00:37.82		01:21.15		02:02.99		02:43.50
	00:37.82		00:43.33		00:41.84		00:40.51	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:1, starttime: 09:29	
Heat: 1/9 Lane : 6 Athlete: VANDENHOUCKE ALAÏS							Q-time: 02:42:41	
PB (25m pool): 02:42.41 Meulebeke 10/05/2026				PB (50m pool): 02:38.53SB: 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		00:37.23		01:19.26		no time		02:42.41
	00:37.23		00:42.03					
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:45	
Heat: 6/9 Lane : 8 Athlete: VAN OOTEGHEM KYANA							Q-time: 02:21:77	
PB (25m pool): 02:21.77 Meulebeke 10/05/2026				PB (50m pool): 02:27.30SB: 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		00:32.90		01:08.16		no time		02:21.77
	00:32.90		00:35.26					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:48	
Heat: 7/9 Lane : 4 Athlete: BEIJNSBERGER MARE							Q-time: 02:17:79	
PB (25m pool): 02:17.79 Sinbad 16/03/2025				PB (50m pool): 02:18.20SB: 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		00:30.83		01:06.11		no time		02:17.79
	00:30.83		00:35.28					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:50	
Heat: 8/9 Lane : 1 Athlete: VAN DAELE LORE							Q-time: 02:15:94	
PB (25m pool): 02:14.81 Sinbad 24/03/2024				PB (50m pool): 02:18.06SB: 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		02:14.81
	no time							
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:53	
Heat: 9/9 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)							Q-time: 02:11:35	
PB (25m pool): 02:11.35 Temse 17/11/2025				PB (50m pool): 02:14.25 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		00:30.36		01:03.85		01:37.98		02:11.35
	00:30.36		00:33.49		00:34.13		00:33.37	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:53	
Heat: 9/9 Lane : 6 Athlete: VANDEPOORTE PAULINE							Q-time: 02:09:56	
PB (25m pool): 02:09.56 T Rosco 12/10/2025				PB (50m pool): 02:13.13SB: 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		00:30.48		01:03.04		01:36.60		02:09.56
	00:30.48		00:32.56		00:33.56		00:32.96	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 09:58
Heat: 2/6 Lane : 1 Athlete: VAN DEN HAUTE EMILE					Q-time: 01:27:06
PB (25m pool): 01:27.06 Tournai 18/01/2026			PB (50m pool): 01:30.97 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.16		01:27.06	
	00:39.16		00:47.90		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:02	
Heat: 4/6 Lane : 4 Athlete: VANDORPE DANTE					Q-time: 01:07:00	
PB (25m pool): 01:07.00 Tournai 18/01/2026					PB (50m pool): 01:10.17 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:29.85		01:07.00		
	00:29.85		00:37.15			
						

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:6, starttime: 10:06
Heat: 6/6 Lane : 2 Athlete: VAN DAELE DAAN				Q-time: 01:00:83	
PB (25m pool): 01:00.83 Mons 27/06/2026			PB (50m pool): 01:05.35SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.46		01:00.83	
	00:27.46		00:33.37		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:08
Heat: 1/5 Lane : 1 Athlete: DELEUZE KATO					Q-time: 02:14:01
PB (25m pool): 02:14.01 Sint-Niklaas 28/12/2025					PB (50m pool): 01:59.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:01.91		02:14.01	
	01:01.91		01:12.10		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:08
Heat: 1/5 Lane : 7 Athlete: DEKEYSER ESTELLE					Q-time: 02:07:59
PB (25m pool): no time					PB (50m pool): 02:07.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:10
Heat: 2/5 Lane : 5 Athlete: TABARY OCTAVIE					Q-time: 01:47:10
PB (25m pool): 01:47.10 Mons 28/06/2025					PB (50m pool): 01:43.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.32		01:47.10	
	00:50.32		00:56.78		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:20
Heat: 1/11 Lane : 5 Athlete: GLORIEUX ALEXANDER					Q-time: 01:38:23
PB (25m pool): 01:38.23 Sinbad 05/10/2025					PB (50m pool): 01:36.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.93		01:38.23	
	00:47.93		00:50.30		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:25
Heat: 3/11 Lane : 3 Athlete: VAN DEN HAUTE EMILE					Q-time: 01:24:53
PB (25m pool): 01:24.53 T Rosco 12/10/2025					PB (50m pool): 01:23.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.53	
	no time				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:28
Heat: 4/11 Lane : 5 Athlete: BONNARENS DRIES					Q-time: 01:20:28
PB (25m pool): 01:19.84 Mons 23/11/2024					PB (50m pool): 01:17.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.77		01:19.84	
	00:38.77 00:41.07				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:30
Heat: 5/11 Lane : 4 Athlete: VRAMBOUT MAURICE					Q-time: 01:15:75
PB (25m pool): 01:15.75 Mons 27/06/2026					PB (50m pool): 01:18.47 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.19		01:15.75	
	00:37.19 00:38.56				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:37
Heat: 8/11 Lane : 2 Athlete: BLOMMAERT CÉLIAN					Q-time: 01:10:35
PB (25m pool): 01:10.35 LEUVEN 23/11/2025					PB (50m pool): 01:12.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.37		01:10.35	
	00:34.37 00:35.98				
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:39
Heat: 9/11 Lane : 3 Athlete: DE VliegEre Eliott					Q-time: 01:08:89
PB (25m pool): 01:08.89 Mons 27/06/2026					PB (50m pool): 01:10.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.45		01:08.89	
	00:33.45		00:35.44		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:45	
Heat: 1/3 Lane : 4 Athlete: VAN OOTEGHEM KYANA							Q-time: 03:08:35	
PB (25m pool): 03:08.35 Temse 21/12/2025				PB (50m pool): 03:12.03SB: 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		00:43.26		01:31.43		02:19.19		03:08.35
	00:43.26		00:48.17		00:47.76		00:49.16	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:45	
Heat: 1/3 Lane : 8 Athlete: VERHELST LOLA							Q-time: 03:54:66	
PB (25m pool): 03:54.66 Mons 29/03/2025				PB (50m pool): 03:49.32 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		00:50.62		01:51.23		02:53.48		03:54.66
	00:50.62		01:00.61		01:02.25		01:01.18	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/3 Lane : 4 Athlete: VANDEPOORTE PAULINE							Q-time: 02:37:84	
PB (25m pool): 02:37.68 Gent(Sint-Amansberg) 11/11/2024 PB (50m pool): 02:44.45 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		00:36.45		01:16.64		01:57.47		02:37.68
	00:36.45		00:40.19		00:40.83		00:40.21	
								

Coach feedback:

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Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 10:57	
Heat: 1/2 Lane : 3 Athlete: DE VLIEGER ELIOTT							Q-time: 05:35:87	
PB (25m pool): no time			PB (50m pool): 05:35.87 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		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:1, starttime: 11:10	
Heat: 1/11 Lane : 2 Athlete: DHOOGHE FELIZ							Q-time: 00:37:28	
PB (25m pool): 00:37.28 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:36.40 SB: no time					
	2 5 M	5 0 M						
PB		00:37.28						
	00:37.28							
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:1, starttime: 11:10	
Heat: 1/11 Lane : 4 Athlete: VANDENHOUCKE ALAÏS							Q-time: 00:34:58	
PB (25m pool): 00:34.58 Mons 27/06/2026			PB (50m pool): 00:34.47 SB: no time					
	2 5 M	5 0 M						
PB		00:34.58						
	00:34.58							
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:1, starttime: 11:10
Heat: 1/11 Lane : 6 Athlete: VERHELST LOLA			Q-time: 00:37:24
PB (25m pool): 00:37.24 Sint-Niklaas 28/12/2025			PB (50m pool): 00:36.53 SB: no time
	2 5 M	5 0 M	
PB		00:37.24	
		00:37.24	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:14
Heat: 5/11 Lane : 7 Athlete: MERTENS XIANA			Q-time: 00:31:26
PB (25m pool): 00:31.26 Mons 27/06/2026			PB (50m pool): 00:31.58 SB: no time
	2 5 M	5 0 M	
PB		00:31.26	
		00:31.26	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:16
Heat: 7/11 Lane : 2 Athlete: VAN DAELE LORE			Q-time: 00:29:78
PB (25m pool): 00:29.78 Eeklo 21/09/2025			PB (50m pool): 00:30.23 SB: no time
	2 5 M	5 0 M	
PB		00:29.78	
		00:29.78	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:19
Heat: 10/11 Lane : 5 Athlete: BEIJNSBERGER MARE			Q-time: 00:27:83
PB (25m pool): 00:27.83 Mons 27/06/2026			PB (50m pool): 00:27.21 SB: no time
	2 5 M	5 0 M	
PB		00:27.83	
		00:27.83	
			

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:20
Heat: 11/11 Lane : 7 Athlete: MALFAIT LIZANNA (LIZI)			Q-time: 00:27:59
PB (25m pool): 00:27.59 Mons 27/06/2026			PB (50m pool): 00:28.33 SB: no time
	2 5 M	5 0 M	
PB		00:27.59	
		00:27.59	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:23
Heat: 2/7 Lane : 3 Athlete: CASIER JARNE			Q-time: 00:42:27
PB (25m pool): 00:42.27 Sinbad 05/10/2025			PB (50m pool): 00:40.10 SB: no time
	2 5 M	5 0 M	
PB		00:42.27	
		00:42.27	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:26
Heat: 5/7 Lane : 1 Athlete: BONNARENS DRIES			Q-time: 00:35:80
PB (25m pool): 00:35.80 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:34.71 SB: no time
	2 5 M	5 0 M	
PB		00:35.80	
		00:35.80	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:26
Heat: 5/7 Lane : 4 Athlete: VAN DAELE NAND			Q-time: 00:34:43
PB (25m pool): 00:34.43 Mons 27/06/2026			PB (50m pool): 00:35.11 SB: no time
	2 5 M	5 0 M	
PB		00:34.43	
		00:34.43	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:26
Heat: 5/7 Lane : 8 Athlete: BLOMMAERT CÉLIAN			Q-time: 00:35:84
PB (25m pool): 00:35.84 Mons 27/06/2026			PB (50m pool): 00:37.20 SB: no time
	2 5 M	5 0 M	
PB		00:35.84	
		00:35.84	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 11:27
Heat: 6/7 Lane : 5 Athlete: VANDORPE DANTE			Q-time: 00:32:02
PB (25m pool): 00:32.02 T Rosco 12/10/2025			PB (50m pool): 00:32.24 SB: no time
	2 5 M	5 0 M	
PB		00:32.02	
		00:32.02	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:7, starttime: 11:28
Heat: 7/7 Lane : 7 Athlete: VAN DAELE DAAN			Q-time: 00:31:78
PB (25m pool): 00:31.78 Mons 27/06/2026			PB (50m pool): 00:36.46 SB: no time
	2 5 M	5 0 M	
PB		00:31.78	
		00:31.78	
			

Coach feedback: