

PK KB OVL 26: Session: 4: 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: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:00
Heat: 1/12 Lane : 5 Athlete: DELEUZE KATO					Q-time: 01:53:05
PB (25m pool): 01:53.05 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.34		01:53.05	
		00:54.34		00:58.71	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/12 Lane : 1 Athlete: DEKEYSER ESTELLE					Q-time: 01:45:26
PB (25m pool): 01:45.26 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.44		01:45.26	
		00:41.44		01:03.82	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/12 Lane : 4 Athlete: DHOOGHE FELIZ					Q-time: 01:35:91
PB (25m pool): 01:35.91 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		00:42.85		01:35.91	
		00:42.85		00:53.06	
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/12 Lane : 4 Athlete: VERHELST LOLA					Q-time: 01:33:80
PB (25m pool): 01:33.80 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.52		01:33.80	
	00:43.52		00:50.28		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/12 Lane : 4 Athlete: TABARY OCTAVIE					Q-time: 01:29:70
PB (25m pool): 01:29.70 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.87		01:29.70	
	00:30.87		00:58.83		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/12 Lane : 6 Athlete: VANDENHOUCKE ALAÏS					Q-time: 01:31:09
PB (25m pool): 01:31.09 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		01:31.09	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/12 Lane : 2 Athlete: VAN DAELE LORE					Q-time: 01:14:92
PB (25m pool): 01:14.92 Sinbad 22/07/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.92	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 14:22
Heat: 12/12 Lane : 6 Athlete: BEIJNSBERGER MARE					Q-time: 01:09:71
PB (25m pool): 01:09.71 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.03		01:09.71	
	00:42.03		00:27.68		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:24	
Heat: 1/10 Lane : 5 Athlete: VAN DEN HAUTE EMILE							Q-time: 02:36:34	
PB (25m pool): no time			PB (50m pool): 02:36.34 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:28	
Heat: 2/10 Lane : 6 Athlete: VRAMBOUT MAURICE							Q-time: 02:34:05	
PB (25m pool): 02:34.05 Meulebeke 10/05/2026							PB (50m pool): 02:31.03 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		00:34.34		01:15.35		no time		02:34.05
	00:34.34		00:41.01					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:34	
Heat: 4/10 Lane : 6 Athlete: CASIER JARNE							Q-time: 02:23:18	
PB (25m pool): 02:23.18 Meulebeke 10/05/2026							PB (50m pool): 02:25.24 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		00:32.43		01:09.11		no time		02:23.18
	00:32.43		00:36.68					
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:39	
Heat: 6/10 Lane : 1 Athlete: DE VLIIEGER ELIOTT							Q-time: 02:16:40	
PB (25m pool): 02:16.40 Meulebeke 10/05/2026				PB (50m pool): 02:17.78SB: 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		00:30.33		01:04.62		no time		02:16.40
	00:30.33		00:34.29					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:39	
Heat: 6/10 Lane : 3 Athlete: BLOMMAERT CÉLIAN							Q-time: 02:14:65	
PB (25m pool): 02:14.65 Meulebeke 10/05/2026				PB (50m pool): 02:16.57 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		00:31.24		01:05.82		no time		02:14.65
	00:31.24		00:34.58					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:8, starttime: 14:45	
Heat: 8/10 Lane : 3 Athlete: VANDORPE DANTE							Q-time: 02:05:88	
PB (25m pool): 02:05.88 Sint-Niklaas 28/12/2025				PB (50m pool): 02:06.30SB: 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		00:28.38		00:59.19		no time		02:05.88
	00:28.38		00:30.81					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:55
Heat: 2/5 Lane : 8 Athlete: MERTENS XIANA				Q-time: 01:27:08	
PB (25m pool): 01:27.08 Mons 27/06/2026			PB (50m pool): 01:31.87 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.46		01:27.08	
	00:39.46		00:47.62		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:59
Heat: 4/5 Lane : 2 Athlete: VAN OOTEGHEM KYANA					Q-time: 01:13:93
PB (25m pool): 01:13.93 Mons 27/06/2026					PB (50m pool): 01:13.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.37		01:13.93	
	00:34.37		00:39.56		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:59
Heat: 4/5 Lane : 4 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 01:10:01
PB (25m pool): 01:10.01 Mons 27/06/2026					PB (50m pool): 01:13.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.85		01:10.01	
	00:31.85		00:38.16		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 15:03
Heat: 1/3 Lane : 2 Athlete: GLORIEUX ALEXANDER					Q-time: 02:00:85
PB (25m pool): no time					PB (50m pool): 02:07.29 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: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:10
Heat: 1/12 Lane : 4 Athlete: DELEUZE KATO					Q-time: 01:36:73
PB (25m pool): 01:36.73 Mons 27/06/2026					PB (50m pool): 01:38.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.06		01:36.73	
	00:46.06		00:50.67		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:10
Heat: 1/12 Lane : 8 Athlete: DEKEYSER ESTELLE					Q-time: 01:43:36
PB (25m pool): 01:43.36 Temse 21/12/2025			PB (50m pool): 01:42.21 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.91		01:43.36	
	00:50.91		00:52.45		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:13
Heat: 2/12 Lane : 7 Athlete: TABARY OCTAVIE					Q-time: 01:34:56
PB (25m pool): 01:34.56 Sinbad 05/10/2025			PB (50m pool): 01:23.91 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.90		01:34.56	
	00:45.90		00:48.66		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:16
Heat: 3/12 Lane : 1 Athlete: DHOOGHE FELIZ					Q-time: 01:31:03
PB (25m pool): 01:31.03 T Rosco 12/10/2025			PB (50m pool): 01:27.69 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.03	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:18
Heat: 4/12 Lane : 8 Athlete: VANDENHOUCKE ALAÏS					Q-time: 01:27:62
PB (25m pool): 01:27.62 Mons 27/06/2026			PB (50m pool): 01:34.43 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.94		01:27.62	
	00:42.94		00:44.68		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:32
Heat: 10/12 Lane : 2 Athlete: VAN DAELE LORE					Q-time: 01:12:34
PB (25m pool): 01:12.34 Gent 23/02/2025			PB (50m pool): 01:13.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.25		01:12.34	
	00:35.25		00:37.09		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:35
Heat: 11/12 Lane : 4 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 01:09:40
PB (25m pool): 01:09.40 Mons 27/06/2026			PB (50m pool): 01:11.94 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.50		01:09.40	
	00:33.50		00:35.90		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 15:37
Heat: 12/12 Lane : 5 Athlete: BEIJNSBERGER MARE					Q-time: 01:06:45
PB (25m pool): 01:06.45 Sinbad 16/03/2025			PB (50m pool): 01:05.84 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.45	
	no time				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:43	
Heat: 2/4 Lane : 5 Athlete: BONNARENS DRIES							Q-time: 02:51:94	
PB (25m pool): 02:51.94 Gent 23/02/2025				PB (50m pool): 02:58.71 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		00:38.25		01:22.80		02:08.06		02:51.94
	00:38.25		00:44.55		00:45.26		00:43.88	
								

Coach feedback:

PK KB OVL 26: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:43	
Heat: 2/4 Lane : 7 Athlete: CASIER JARNE							Q-time: 02:54:55	
PB (25m pool): 02:54.55 Meulebeke 10/05/2026				PB (50m pool): 03:04.87 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		00:39.99		01:24.78		no time		02:54.55
	00:39.99		00:44.79					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:46	
Heat: 3/4 Lane : 5 Athlete: VAN DAELE NAND							Q-time: 02:43:83	
PB (25m pool): 02:43.83 Meulebeke 10/05/2026				PB (50m pool): 02:51.25SB: 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		00:36.43		01:18.18		no time		02:43.83
	00:36.43		00:41.75					
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:00	
Heat: 2/2 Lane : 8 Athlete: VAN OOTEGHEM KYANA							Q-time: 05:44:03	
PB (25m pool): 05:44.03 Temse 21/12/2025				PB (50m pool): 05:48.40SB: 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		00:36.42		01:18.68		02:03.09		02:45.40
	00:36.42		00:42.26		00:44.41		00:42.31	
								
	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		03:35.35		04:26.64		05:06.33		05:44.03
	00:49.95		00:51.29		00:39.69		00:37.70	
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:1, starttime: 16:07
Heat: 1/11 Lane : 2 Athlete: VAN DEN HAUTE EMILE			Q-time: 00:34:38
PB (25m pool): 00:34.38 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:32.02 SB: no time
	2 5 M	5 0 M	
PB		00:34.38	
		00:34.38	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 16:08
Heat: 2/11 Lane : 3 Athlete: VRAMBOUT MAURICE			Q-time: 00:30:53
PB (25m pool): 00:30.53 Mons 27/06/2026			PB (50m pool): 00:30.91 SB: no time
	2 5 M	5 0 M	
PB		00:30.53	
		00:30.53	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:10
Heat: 4/11 Lane : 7 Athlete: BONNARENS DRIES			Q-time: 00:29:37
PB (25m pool): 00:29.37 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:28.95 SB: no time
	2 5 M	5 0 M	
PB		00:29.37	
		00:29.37	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:12
Heat: 6/11 Lane : 5 Athlete: DE VliegER ELIOTT			Q-time: 00:27:96
PB (25m pool): 00:27.96 Mons 27/06/2026			PB (50m pool): 00:29.65 SB: no time
	2 5 M	5 0 M	
PB		00:27.96	
		00:27.96	
			

Coach feedback:

PK KB OVL 26: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:13
Heat: 7/11 Lane : 7 Athlete: BLOMMAERT CÉLIAN			Q-time: 00:27:58
PB (25m pool): 00:27.58 Mons 27/06/2026			PB (50m pool): 00:28.29 SB: no time
	2 5 M	5 0 M	
PB		00:27.58	
		00:27.58	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:13
Heat: 7/11 Lane : 8 Athlete: VAN DAELE NAND			Q-time: 00:27:68
PB (25m pool): 00:27.68 Mons 27/06/2026			PB (50m pool): 00:28.27 SB: no time
	2 5 M	5 0 M	
PB		00:27.68	
		00:27.68	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:15
Heat: 9/11 Lane : 8 Athlete: VANDORPE DANTE			Q-time: 00:26:55
PB (25m pool): 00:26.55 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:27.23 SB: no time
	2 5 M	5 0 M	
PB		00:26.55	
		00:26.55	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:10, starttime: 16:16
Heat: 10/11 Lane : 5 Athlete: VAN DAELE DAAN			Q-time: 00:25:47
PB (25m pool): 00:25.47 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:25.90 SB: no time
	2 5 M	5 0 M	
PB		00:25.47	
		00:25.47	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 16:18	
Heat: 1/5 Lane : 5 Athlete: VERHELST LOLA						Q-time: 00:48:63		
PB (25m pool): 00:48.63 Sint-Amandsberg 19/10/2025							PB (50m pool): 00:49.00 SB: no time	
	2 5 M		5 0 M					
PB			00:48.63					
			00:48.63					
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 16:19	
Heat: 2/5 Lane : 5 Athlete: MERTENS XIANA							Q-time: 00:42:87	
PB (25m pool): 00:42.87 Mons 27/06/2026							PB (50m pool): 00:42.92SB: no time	
	2 5 M		5 0 M					
PB			00:42.87					
			00:42.87					
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 16:23	
Heat: 5/5 Lane : 5 Athlete: VANDEPOORTE PAULINE							Q-time: 00:33:30	
PB (25m pool): 00:33.30 Gent 09/11/2025							PB (50m pool): 00:33.71 SB: no time	
	2 5 M		5 0 M					
PB			00:33.30					
	00:33.30							
								

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:37	
Heat: 2/2 Lane : 2 Athlete: TEAM RSC 3							Q-time: 02:02:71	
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: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 16:43	
Heat: 2/2 Lane : 5 Athlete: TEAM RSC 4							Q-time: 02:04:80	
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: