# Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: RSC

**Coachinfo: Warming up from: 08:30 untill 09:45. Teamleadmeeting @ The listed starttimes are indicative!**

**Coaches: Vandorpe Aaron**

**Coaches: Vandepoorte Régy**

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

## Event number: 14: 100M FREESTYLE MEN — Heat:2, starttime: 10:08

**Heat: 2/8 Lane : 6 Athlete: VAN DAELE DAAN** — **Q-time: 00:54:82**

**PB (25m pool): 00:54.41 Sint-Amandsberg 18/10/2026** **PB (50m pool):** 00:55.24 **SB:** 00:54.41 Sint-Amandsberg 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:25.99 | | 00:54.41 | |
| | | *00:25.99* | | *00:28.42* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 15: 100M BREASTSTROKE WOMEN — Heat:1, starttime: 10:18

**Heat: 1/3 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:** 01:18.65 EEKLO 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:33.58 | | 01:12.27 | |
| | | *00:33.58* | | *00:38.69* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 18: 50M BREASTSTROKE MEN — Heat:2, starttime: 10:36

**Heat: 2/6 Lane : 6 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:** 00:32.53 EEKLO 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:32.02 | |
| | | *00:32.02* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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## Event number: 18: 50M BREASTSTROKE MEN — Heat:3, starttime: 10:37

**Heat: 3/6 Lane : 8 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:** 00:31.92 EEKLO 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:31.78 | |
| | | *00:31.78* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 20: 50M BACKSTROKE MEN — Heat:3, starttime: 10:55

**Heat: 3/6 Lane : 5 Athlete: VAN DAELE DAAN** — **Q-time: 00:28:32**

**PB (25m pool): 00:28.32 EEKLO 04/10/2026** — **PB (50m pool):** 00:30.24 **SB:** 00:28.32 EEKLO 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:28.32 | |
| | | *00:28.32* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 21: 100M FREESTYLE WOMEN — Heat:2, starttime: 11:03

**Heat: 2/4 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:** 01:01.98 EEKLO 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | 00:59.68 | |
| | | *no time* | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback: