Open Flanders SC: Session: 5: 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: 26: 200M FREESTYLE MEN — Heat:1, starttime: 10:00

Heat: 1/4 Lane : 5 Athlete: VAN DAELE DAAN — **Q-time: 01:59:56**

PB (25m pool): 01:59.56 T ROSCO 12/10/2025 **PB (50m pool):** 02:00.98 **SB:** 02:02.22 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:27.64		00:57.94		01:28.95		01:59.56
		00:27.64		*00:30.30*		*00:31.01*		*00:30.61*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 200M BREASTSTROKE WOMEN — Heat:1, starttime: 10:39

Heat: 1/2 Lane : 6 Athlete: VANDEPOORTE PAULINE — **Q-time: 02:37:84**

PB (25m pool): 02:37.68 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 02:44.45 **SB:** 02:51.23 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
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:

Event number: 32: 100M BACKSTROKE MEN — Heat:4, starttime: 10:52

Heat: 4/5 Lane : 1 Athlete: VAN DAELE DAAN — **Q-time: 01:01:73**

PB (25m pool): 01:01.73 T ROSCO 12/10/2025 **PB (50m pool):** 01:02.86 **SB:** 01:02.18 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:29.79		01:01.73	
		00:29.79		*00:31.94*	
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Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: RSC

Event number: 33: 50M FREESTYLE WOMEN **Heat:3, starttime: 10:58**

Heat: 3/7 Lane : 8 Athlete: VANDEPOORTE PAULINE **Q-time: 00:28:37**

PB (25m pool): 00:27.87 Ronse 15/10/2023 **PB (50m pool):** 00:28.69 **SB:** 00:28.37 EEKLO 04/10/2026

	25M	50M	
PB		00:27.87	
		00:27.87	
	. . : . . : . .	. . : . . : . .	

Coach feedback: