

ZC 2026: Session: 2: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandorpe Aaron

Coaches: Cornelis Isaac

Coaches: Meirhaeghe Jens

Coaches: Terryen Julien

Coaches: Cornelis Jan Pieter

PB => Personal Best time

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

Event number: 10: 100M BUTTERFLY WOMEN 13-14			Heat:2, starttime: 14:02
Heat: 2/4 Lane : 3 Athlete: TABARY HORTENSE			Q-time: 01:32:97
PB (50m pool): 01:32.97 Stuttgart 26/04/2026			PB (25m pool): 01:29.50 SB: 01:32.97 Stuttgart 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.69	01:32.97	
	00:43.69	00:49.28	
			

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+			Heat:1, starttime: 14:09
Heat: 1/9 Lane : 2 Athlete: VERHELST LOLA			Q-time: 01:48:05
PB (50m pool): 01:45.04 Antwerpen 13/07/2025			PB (25m pool): 01:45.21 SB: 01:48.05 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:48.49	01:45.04	
	00:48.49	00:56.55	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:2, starttime: 14:30
Heat: 2/15 Lane : 7 Athlete: VRAMBOU MAURICE			Q-time: 01:10:43
PB (50m pool): 01:10.43 Sportoase De Watermolen 24/05/2026			PB (25m pool): 01:05.47 SB: 01:10.43 Sportoase De Watermolen 24/05/2026
	5 0 M	1 0 0 M	
PB	00:34.73	01:10.43	
	00:34.73	00:35.70	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+			Heat:3, starttime: 14:31
Heat: 3/15 Lane : 6 Athlete: CASIER JARNE			Q-time: 01:07:14
PB (50m pool): 01:07.14 Stuttgart 26/04/2026			PB (25m pool): 01:08.10 SB: 01:07.14 Stuttgart 26/04/2026
	5 0 M	1 0 0 M	
PB	00:31.98	01:07.14	
	00:31.98	00:35.16	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:7, starttime: 14:38
Heat: 7/15 Lane : 3 Athlete: BLOMMAERT CÉLIAN			Q-time: 01:02:77
PB (50m pool): 01:02.77 Sportoase De Watermolen 24/05/2026			PB (25m pool): 01:00.39 SB: 01:02.77 Sportoase De Watermolen 24/05/2026
	5 0 M	1 0 0 M	
PB	00:30.25	01:02.77	
	00:30.25	00:32.52	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:8, starttime: 14:39
Heat: 8/15 Lane : 7 Athlete: BONNARENS DRIES			Q-time: 01:02:29
PB (50m pool): 01:02.29 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:03.25 SB: 01:02.29 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:29.36	01:02.29	
	00:29.36	00:32.93	
			

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14			Heat:1, starttime: 15:28
Heat: 1/6 Lane : 5 Athlete: TABARY HORTENSE			Q-time: 00:48:25
PB (50m pool): 00:48.25 MOUSCRON 29/05/2025			PB (25m pool): 00:43.50 SB: no time
	5 0 M		
PB	00:48.25		
	00:48.25		
			

Coach feedback:

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Event number: 14: 50M BACKSTROKE WOMEN 13-14				Heat:3, starttime: 15:32	
Heat: 3/6 Lane : 4 Athlete: DHOOGHE FELIZ				Q-time: 00:41:22	
PB (50m pool): 00:41.22 Stuttgart 26/04/2026				PB (25m pool): 00:43.13 SB: 00:41.22 Stuttgart 26/04/2026	
	5 0 M				
PB	00:41.22				
	00:41.22				
					

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14				Heat:6, starttime: 15:37	
Heat: 6/6 Lane : 8 Athlete: MERTENS XIANA				Q-time: 00:38:92	
PB (50m pool): 00:38.92 Antwerpen 15/03/2026				PB (25m pool): 00:40.77 SB: 00:38.92 Antwerpen 15/03/2026	
	5 0 M				
PB	00:38.92				
	00:38.92				
					

Coach feedback:

Event number: 16: 200M BUTTERFLY WOMEN 15+				Heat:2, starttime: 15:59	
Heat: 2/2 Lane : 5 Athlete: VAN OOTEGHEM KYANA				Q-time: 02:50:42	
PB (50m pool): 02:50.42 Stuttgart 26/04/2026				PB (25m pool): 02:50.20 SB: 02:50.42 Stuttgart 26/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.99	01:20.97	02:05.84	02:50.42	
	00:37.99	00:42.98	00:44.87	00:44.58	
					

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+				Heat:6, starttime: 16:15	
Heat: 6/9 Lane : 6 Athlete: BLOMMAERT CÉLIAN				Q-time: 01:12:35	
PB (50m pool): 01:12.35 Sportoase De Watermolen 24/05/2026				PB (25m pool): 01:10.35 SB: 01:12.35 Sportoase De Watermolen 24/05/2026	
	5 0 M	1 0 0 M			
PB	00:34.95	01:12.35			
	00:34.95	00:37.40			
					

Coach feedback:

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Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:1, starttime: 16:23
Heat: 1/10 Lane : 3 Athlete: DELEUZE KATO		Q-time: 01:05:17
PB (50m pool): 01:05.17 Stuttgart 26/04/2026		PB (25m pool): 01:00.65 SB: 01:05.17 Stuttgart 26/04/2026
	5 0 M	
PB	01:05.17	
	01:05.17	
		

Coach feedback: