

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 07:15 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandorpe Aaron

Coaches: Cornelis Isaac

Coaches: Meirhaeghe Jens

Coaches: Terryn Julien

Coaches: Cornelis Jan Pieter

PB => Personal Best time

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

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:19
Heat: 5/14 Lane : 5 Athlete: DHOOGHE FELIZ					Q-time: 02:50:06
PB (50m pool): 02:50.06 Stuttgart 26/04/2026					PB (25m pool): 02:44.31 SB: 02:50.06 Stuttgart 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.34	01:23.25	02:07.71	02:50.06	
	00:39.34	00:43.91	00:44.46	00:42.35	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:6, starttime: 09:23
Heat: 6/14 Lane : 4 Athlete: TABARY HORTENSE					Q-time: 02:46:92
PB (50m pool): 02:46.92 Stuttgart 26/04/2026					PB (25m pool): no time SB: 02:46.92 Stuttgart 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.95	01:20.88	02:04.31	02:46.92	
	00:37.95	00:42.93	00:43.43	00:42.61	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:13, starttime: 09:45
Heat: 13/14 Lane : 6 Athlete: MERTENS XIANA					Q-time: 02:35:09
PB (50m pool): 02:35.09 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:43.50 SB: 02:35.09 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.82	01:14.72	01:55.13	02:35.09	
	00:34.82	00:39.90	00:40.41	00:39.96	
					

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+							Heat:1, starttime: 09:52		
Heat: 1/15 Lane : 3 Athlete: VRAMBOUT MAURICE							Q-time: 00:32:63		
PB (50m pool): 00:32.63 Sportoase De Watermolen 24/05/2026 PB (25m pool): 00:30.53 SB: 00:32.63 Sportoase De Watermolen 24/05/2026									
	5 0 M								
PB	00:32.63								
	00:32.63								
									

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:3, starttime: 09:54												
Heat: 3/15					Lane : 8		Athlete: CASIER JARNE			Q-time: 00:30:81							
PB (50m pool): 00:30.81					Stuttgart		26/04/2026		PB (25m pool): 00:32.90			SB: 00:30.81		Stuttgart		26/04/2026	
	5 0 M																
PB	00:30.81																
	00:30.81																
																	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+										Heat:6, starttime: 09:57																																		
Heat: 6/15																				Lane : 5					Athlete: BONNARENS DRIES															Q-time: 00:29:22				
PB (50m pool): 00:29.22										Stuttgart 26/04/2026										PB (25m pool): 00:29.37										SB: 00:29.22					Stuttgart 26/04/2026									
	5 0 M																																											
PB	00:29.22																																											
	00:29.22																																											
																																												

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+							Heat:9, starttime: 10:00		
Heat: 9/15 Lane : 2 Athlete: BLOMMAERT CÉLIAN							Q-time: 00:28:43		
PB (50m pool): 00:28.43 Antwerpen 15/03/2026							PB (25m pool): 00:27.58SB: 00:28.43 Antwerpen 15/03/2026		
	5 0 M								
PB	00:28.43								
	00:28.43								
									

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11-12				Heat:1, starttime: 10:07	
Heat: 1/12 Lane : 3 Athlete: CORNELIS LUISA				Q-time: 01:37:86	
PB (50m pool): 01:37.86 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:36.61 SB: 01:37.86 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:45.49	01:37.86			
	00:45.49	00:52.37			
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12				Heat:5, starttime: 10:16	
Heat: 5/12 Lane : 5 Athlete: DELEUZE KATO				Q-time: 01:24:66	
PB (50m pool): 01:22.96 MOUSCRON 29/05/2025 PB (25m pool): 01:23.12 SB: 01:24.66 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:40.16	01:22.96			
	00:40.16	00:42.80			
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:1, starttime: 10:57
Heat: 1/12 Lane : 6 Athlete: VERHELST LOLA				Q-time: 03:00:38	
PB (50m pool): 03:00.38 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:00.69SB: 03:00.38 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.26	01:26.89	02:15.55	03:00.38	
	00:40.26	00:46.63	00:48.66	00:44.83	
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:8, starttime: 11:20
Heat: 8/12 Lane : 5 Athlete: VAN OOTEGHEM KYANA				Q-time: 02:28:65	
PB (50m pool): 02:28.05 Antwerpen 20/04/2025					
PB (25m pool): 02:21.77 SB: 02:28.65 Stuttgart 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.71	01:12.72	01:50.94	02:28.05	
	00:34.71	00:38.01	00:38.22	00:37.11	
					

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:12, starttime: 11:32
Heat: 12/12 Lane : 7 Athlete: VAN DAELE LORE					Q-time: 02:21:01
PB (50m pool): 02:18.06 Aalst 22/06/2024					PB (25m pool): 02:14.81 SB: 02:21.01 Sportoase De Watermolen 29/03/2024
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:18.06	
	no time				
					

Coach feedback: