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

Coachinfo: Warming up from: 08:00 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vranckx Elke HEADCOACH

Coaches: Vandorpe Aaron

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:1, starttime: 09:00

Heat: 1/19 Lane : 6 Athlete: VANDENHOUCKE ALAïS — **Q-time: 01:59:66**

PB (25m pool): 01:40.81 Temse 15/11/2026 **PB (50m pool):** 01:51.27 **SB:** 01:40.81 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:48.50		01:40.81	
		00:48.50		*00:52.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:8, starttime: 09:15

Heat: 8/19 Lane : 4 Athlete: MERTENS XIANA — **Q-time: 01:34:15**

PB (25m pool): 01:34.15 Mons 27/06/2026 **PB (50m pool):** 01:36.70 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.45		01:34.15	
		00:43.45		*00:50.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:17, starttime: 09:35

Heat: 17/19 Lane : 1 Athlete: VAN OOTEGHEM KYANA — **Q-time: 01:26:46**

PB (25m pool): 01:26.46 Temse 17/11/2025 **PB (50m pool):** 01:44.39 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.78		01:26.46	
		00:40.78		*00:45.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:10, starttime: 10:00

Heat: 10/14 Lane : 6 Athlete: CASIER JARNE — **Q-time: 01:13:48**

PB (25m pool): 01:13.48 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:13.48 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:13.48	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:10, starttime: 10:20

Heat: 10/10 Lane : 4 Athlete: GLORIEUX ALEXANDER — **Q-time: 00:37:47**

PB (25m pool): 00:37.47 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 00:37.47 EEKLO 04/10/2026

	25 M	50 M	
PB		00:37.47	
	00:37.47		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:5, starttime: 10:25

Heat: 5/20 Lane : 5 Athlete: VANDENHOUCKE ALAïS — **Q-time: 00:40:69**

PB (25m pool): 00:40.69 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:42.62 **SB:** 00:40.69 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:40.69	
	00:40.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:9, starttime: 10:30

Heat: 9/20 Lane : 4 Athlete: MERTENS XIANA — **Q-time: 00:37:36**

PB (25m pool): 00:37.36 EEKLO 04/10/2026 **PB (50m pool):** 00:39.98 **SB:** 00:37.36 EEKLO 04/10/2026

	25 M	50 M	
PB		00:37.36	
	00:37.36		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:19, starttime: 10:40

Heat: 19/20 Lane : 1 Athlete: VAN OOTEGHEM KYANA — **Q-time: 00:33:16**

PB (25m pool): 00:33.16 Sinbad 22/07/2025 — **PB (50m pool):** 00:33.10 **SB:** 00:33.65 EEKLO 04/10/2026

	25 M	50 M	
PB		00:33.16	
	00:33.16		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:5, starttime: 11:00

Heat: 5/9 Lane : 1 Athlete: CASIER JARNE — **Q-time: 02:48:59**

PB (25m pool): 02:48.59 Zottegem 01/03/2026 — **PB (50m pool):** 03:00.55 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.76		01:23.99		no time		02:48.59
		00:40.76		*00:43.23*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:4, starttime: 11:25

Heat: 4/15 Lane : 6 Athlete: DELEUZE KATO — **Q-time: 01:24:00**

PB (25m pool): 01:21.42 Temse 15/11/2026 — **PB (50m pool):** 01:22.96 **SB:** 01:21.42 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.68		01:21.42	
		00:38.68		*00:42.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:8, starttime: 11:30

Heat: 8/15 Lane : 2 Athlete: DEKEYSER ESTELLE — **Q-time: 01:18:34**

PB (25m pool): 01:18.34 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:24.13 **SB:** 01:18.34 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.36		01:18.34	
		00:38.36		*00:39.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 19: 100M BREASTSTROKE MEN 11-12 **Heat:1, starttime: 11:45**

Heat: 1/11 Lane : 5 Athlete: GLORIEUX ALEXANDER **Q-time: 02:01:18**

PB (25m pool): 02:01.18 EEKLO 04/10/2026 **PB (50m pool):** 02:07.29 **SB:** 02:01.18 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:55.88		02:01.18	
		00:55.88		*01:05.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: