Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 20: 100M BREASTSTROKE MEN 13+ — Heat:6, starttime: 14:10

Heat: 6/14 Lane : 5 Athlete: HADI RAYAN — **Q-time: 01:30:72**

PB (25m pool): 01:30.72 Tournai 18/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.70		01:30.72	
		00:43.70		*00:47.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:11, starttime: 14:20

Heat: 11/14 Lane : 8 Athlete: CASIER JARNE — **Q-time: 01:21:99**

PB (25m pool): 01:21.99 EEKLO 04/10/2026 **PB (50m pool):** 01:26.15 **SB:** 01:21.99 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.17		01:21.99	
		00:38.17		*00:43.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:7, starttime: 14:40

Heat: 7/18 Lane : 6 Athlete: MERTENS XIANA — **Q-time: 01:24:05**

PB (25m pool): 01:21.13 Temse 15/11/2026 **PB (50m pool):** no time **SB:** 01:21.13 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.13		01:21.13	
		00:39.13		*00:42.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:7, starttime: 14:40

Heat: 7/18 Lane : 8 Athlete: VANDENHOUCKE ALAïS — **Q-time: 01:24:92**

PB (25m pool): 01:24.92 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:24.92 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:24.92	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:15, starttime: 14:55

Heat: 15/18 Lane : 4 Athlete: VAN OOTEGHEM KYANA — **Q-time: 01:17:43**

PB (25m pool): 01:16.34 Temse 15/11/2026 **PB (50m pool):** no time **SB:** 01:16.34 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.21		01:16.34	
	00:35.21		*00:41.13*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:2, starttime: 15:05

Heat: 2/13 Lane : 4 Athlete: DELEUZE KATO — **Q-time: 00:49:73**

PB (25m pool): 00:49.73 EEKLO 04/10/2026 **PB (50m pool):** 00:51.28 **SB:** 00:49.73 EEKLO 04/10/2026

	25 M	50 M	
PB		00:49.73	
	00:49.73		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:2, starttime: 15:05

Heat: 2/13 Lane : 6 Athlete: DEKEYSER ESTELLE — **Q-time: 00:50:29**

PB (25m pool): 00:50.29 EEKLO 04/10/2026 **PB (50m pool):** 00:53.32 **SB:** 00:50.29 EEKLO 04/10/2026

	25 M	50 M	
PB		00:50.29	
	00:50.29		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:4, starttime: 15:25

Heat: 4/16 Lane : 6 Athlete: HADI RAYAN — **Q-time: 00:37:25**

PB (25m pool): no time **PB (50m pool):** 00:37.25 **SB:** no time

	25M	50M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:7, starttime: 15:25

Heat: 7/16 Lane : 2 Athlete: CASIER JARNE — **Q-time: 00:34:48**

PB (25m pool): 00:34.48 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 00:34.48 EEKLO 04/10/2026

	25M	50M	
PB		00:34.48	
		00:34.48	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 15:50

Heat: 4/13 Lane : 4 Athlete: MERTENS XIANA — **Q-time: 03:04:73**

PB (25m pool): 03:04.73 Mons 29/03/2025 **PB (50m pool):** 03:12.20 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.46		01:30.77		02:18.75		03:04.73
		00:43.46		*00:47.31*		*00:47.98*		*00:45.98*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:5, starttime: 15:55

Heat: 5/13 Lane : 4 Athlete: VANDENHOUCKE ALAïS — **Q-time: 03:03:02**

PB (25m pool): 03:03.02 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 03:13.85 **SB:** 03:03.02 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.92		01:31.96		no time		03:03.02
		00:43.92		*00:48.04*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: RSC

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:13, starttime: 16:25

Heat: 13/13 Lane : 8 Athlete: VAN OOTEGHEM KYANA — **Q-time: 02:37:45**

PB (25m pool): 02:37.45 T ROSCO 12/10/2025 — **PB (50m pool):** 02:44.27 **SB:** 02:46.24 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.70		01:17.37		01:57.48		02:37.45
		00:37.70		*00:39.67*		*00:40.11*		*00:39.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:12, starttime: 16:50

Heat: 12/12 Lane : 6 Athlete: GLORIEUX ALEXANDER — **Q-time: 01:12:64**

PB (25m pool): 01:11.41 Temse 15/11/2026 — **PB (50m pool):** 01:19.26 **SB:** 01:11.41 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.63		01:11.41	
		00:33.63		*00:37.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:2, starttime: 16:55

Heat: 2/15 Lane : 3 Athlete: DEKEYSER ESTELLE — **Q-time: 01:58:08**

PB (25m pool): 01:58.08 EEKLO 04/10/2026 — **PB (50m pool):** 02:07.59 **SB:** 01:58.08 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:56.31		01:58.08	
		00:56.31		*01:01.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 17:00

Heat: 3/15 Lane : 2 Athlete: DELEUZE KATO — **Q-time: 01:52:58**

PB (25m pool): 01:52.58 EEKLO 04/10/2026 — **PB (50m pool):** 01:59.24 **SB:** 01:52.58 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.52		01:52.58	
		00:52.52		*01:00.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: