Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

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

Coaches: Vandepoorte Régy HEADCOACH

Coaches: Cornelis Jan Pieter

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:1, starttime: 14:00

Heat: 1/3 Lane : 4 Athlete: CASIER JARNE **Q-time: 01:22:41**

PB (25m pool): 01:14.86 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:25.77 **SB:** 01:14.86 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.72		01:14.86	
		00:36.72		*00:38.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:3, starttime: 14:12

Heat: 3/3 Lane : 5 Athlete: BEIJNSBERGER MARE **Q-time: 01:06:22**

PB (25m pool): 01:04.69 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.84 **SB:** 01:04.69 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.55		01:04.69	
		00:31.55		*00:33.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:3, starttime: 14:12

Heat: 3/3 Lane : 7 Athlete: MALFAIT LIZANNA (LIZI) **Q-time: 01:09:40**

PB (25m pool): 01:09.40 Mons 27/06/2026 **PB (50m pool):** 01:11.94 **SB:** 01:10.09 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.50		01:09.40	
		00:33.50		*00:35.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 14:14

Heat: 1/9 Lane : 3 Athlete: DEGALLAIX MATHIAS — **Q-time: 01:25:17**

PB (25m pool): 01:25.17 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.29		01:25.17	
		00:39.29		*00:45.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 14:14

Heat: 1/9 Lane : 5 Athlete: LISON ARTHUR — **Q-time: 01:20:77**

PB (25m pool): 01:20.77 Eeklo 19/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.21		01:20.77	
		00:37.21		*00:43.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:18

Heat: 3/9 Lane : 2 Athlete: GLORIEUX ALEXANDER — **Q-time: 01:12:64**

PB (25m pool): 01:12.64 EEKLO 04/10/2026 **PB (50m pool):** 01:19.26 **SB:** 01:12.64 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.02		01:12.64	
		00:35.02		*00:37.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 14:20

Heat: 4/9 Lane : 2 Athlete: VAN DEN HAUTE EMILE — **Q-time: 01:09:39**

PB (25m pool): 01:09.39 EEKLO 04/10/2026 **PB (50m pool):** 01:09.03 **SB:** 01:09.39 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.68		01:09.39	
		00:33.68		*00:35.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 14:20

Heat: 4/9 Lane : 6 Athlete: CASIER JARNE — **Q-time: 01:08:10**

PB (25m pool): 01:02.35 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.06 **SB:** 01:02.35 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.91		01:02.35	
		00:29.91		*00:32.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 14:21

Heat: 5/9 Lane : 7 Athlete: VRAMBOUT MAURICE — **Q-time: 01:05:20**

PB (25m pool): 01:05.20 EEKLO 04/10/2026 **PB (50m pool):** 01:09.31 **SB:** 01:05.20 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.43		01:05.20	
		00:31.43		*00:33.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 14:23

Heat: 6/9 Lane : 2 Athlete: DE VLIEGER ELIOTT — **Q-time: 01:01:85**

PB (25m pool): 01:01.60 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.09 **SB:** 01:01.60 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.86		01:01.60	
		00:28.86		*00:32.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 14:23

Heat: 6/9 Lane : 3 Athlete: BONNARENS DRIES — **Q-time: 01:01:09**

PB (25m pool): 01:01.09 EEKLO 04/10/2026 **PB (50m pool):** 01:02.29 **SB:** 01:01.09 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.09		01:01.09	
		00:29.09		*00:32.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 14:23

Heat: 6/9 Lane : 4 Athlete: BLOMMAERT CéLIAN — **Q-time: 00:59:91**

PB (25m pool): 00:59.91 EEKLO 04/10/2026 **PB (50m pool):** 01:02.10 **SB:** 00:59.91 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.70		00:59.91	
		00:28.70		*00:31.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:26

Heat: 8/9 Lane : 4 Athlete: VANDORPE DANTE — **Q-time: 00:56:45**

PB (25m pool): 00:56.45 Tournai 18/01/2026 **PB (50m pool):** 00:58.08 **SB:** 00:57.93 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.03		00:56.45	
		00:27.03		*00:29.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:31

Heat: 2/10 Lane : 2 Athlete: VINOIS ANYSSïA — **Q-time: 01:25:21**

PB (25m pool): 01:15.48 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:16.88 **SB:** 01:15.48 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.32		01:15.48	
		00:36.32		*00:39.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:31

Heat: 2/10 Lane : 6 Athlete: DELEUZE KATO — **Q-time: 01:24:72**

PB (25m pool): 01:23.12 Gent 23/02/2025 **PB (50m pool):** 01:22.96 **SB:** 01:24.00 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.31		01:23.12	
		00:39.31		*00:43.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:33

Heat: 3/10 Lane : 3 Athlete: DHOOGHE FELIZ — **Q-time: 01:16:57**

PB (25m pool): 01:16.26 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:18.13 **SB:** 01:16.26 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.84		01:16.26	
		00:36.84		*00:39.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:37

Heat: 5/10 Lane : 2 Athlete: TABARY OCTAVIE — **Q-time: 01:11:34**

PB (25m pool): 01:11.34 EEKLO 04/10/2026 **PB (50m pool):** 01:14.36 **SB:** 01:11.34 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.43		01:11.34	
		00:34.43		*00:36.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:37

Heat: 5/10 Lane : 6 Athlete: VANDENHOUCKE ALAïS — **Q-time: 01:11:24**

PB (25m pool): 01:10.88 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:14.26 **SB:** 01:10.88 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.36		01:10.88	
		00:34.36		*00:36.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:39

Heat: 6/10 Lane : 2 Athlete: MERTENS XIANA — **Q-time: 01:08:40**

PB (25m pool): 01:08.00 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:09.24 **SB:** 01:08.00 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.94		01:08.00	
		00:32.94		*00:35.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:40

Heat: 7/10 Lane : 7 Athlete: VAN OOTEGHEM KYANA — **Q-time: 01:06:31**

PB (25m pool): 01:06.31 LEUVEN 23/11/2025 — **PB (50m pool):** 01:08.64 **SB:** 01:07.47 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.62		01:06.31	
		00:31.62		*00:34.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:43

Heat: 9/10 Lane : 3 Athlete: VANDEPOORTE PAULINE — **Q-time: 00:59:68**

PB (25m pool): 00:59.68 T ROSCO 12/10/2025 — **PB (50m pool):** 01:02.77 **SB:** 01:01.98 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:59.68	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:43

Heat: 9/10 Lane : 5 Athlete: BEIJNSBERGER MARE — **Q-time: 00:59:52**

PB (25m pool): 00:59.52 EEKLO 04/10/2026 — **PB (50m pool):** 01:00.81 **SB:** 00:59.52 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.83		00:59.52	
		00:28.83		*00:30.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:45

Heat: 10/10 Lane : 6 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 00:58:99**

PB (25m pool): 00:58.67 Diksmuide 01/11/2026 — **PB (50m pool):** 00:59.57 **SB:** 00:58.67 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:28.55		00:58.67	
		00:28.55		*00:30.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 5: 100M FREESTYLE MIXED 9-10 **Heat:1, starttime: 14:47**

Heat: 1/3 Lane : 2 Athlete: HUYSMAN JULIETTE **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 5: 100M FREESTYLE MIXED 9-10 **Heat:1, starttime: 14:47**

Heat: 1/3 Lane : 4 Athlete: ROSY VINCQ **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 5: 100M FREESTYLE MIXED 9-10 **Heat:1, starttime: 14:47**

Heat: 1/3 Lane : 5 Athlete: MATTON ALICE **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 5: 100M FREESTYLE MIXED 9-10 **Heat:1, starttime: 14:47**

Heat: 1/3 Lane : 7 Athlete: VANDENBOGAERDE CéLESTINE **Q-time: 99:99:99**

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

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

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 5: 100M FREESTYLE MIXED 9-10 — Heat:2, starttime: 14:49

Heat: 2/3 Lane : 3 Athlete: DELEUZE LOTTE — **Q-time: 01:40:23**

PB (25m pool): 01:40.23 Mons 27/06/2026 **PB (50m pool):** 01:41.62 **SB:** no time

	25M	50M	75M	100M	
PB		00:46.72		01:40.23	
		00:46.72		*00:53.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MIXED 9-10 — Heat:2, starttime: 14:49

Heat: 2/3 Lane : 6 Athlete: SARRAZIN THIBAULT — **Q-time: 01:42:57**

PB (25m pool): 01:42.57 Tournai 18/01/2026 **PB (50m pool):** 01:46.08 **SB:** no time

	25M	50M	75M	100M	
PB		00:47.67		01:42.57	
		00:47.67		*00:54.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MIXED 9-10 — Heat:2, starttime: 14:49

Heat: 2/3 Lane : 7 Athlete: VRAMBOUT MARGUERITE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 14:54

Heat: 1/4 Lane : 3 Athlete: GLORIEUX ALEXANDER — **Q-time: 99:99:99**

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

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:15

Heat: 3/5 Lane : 7 Athlete: TABARY OCTAVIE — **Q-time: 02:54:25**

PB (25m pool): 02:54.25 EEKLO 04/10/2026 **PB (50m pool):** 03:07.94 **SB:** 02:54.25 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.46		no time		no time		02:54.25
		00:36.46						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 15:25

Heat: 1/5 Lane : 4 Athlete: LISON ARTHUR — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 15:28

Heat: 2/5 Lane : 5 Athlete: VRAMBOUT MAURICE — **Q-time: 01:42:85**

PB (25m pool): 01:42.85 Sint-Niklaas 28/12/2025 **PB (50m pool):** 01:35.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.93		01:42.85	
		00:49.93		*00:52.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 15:28

Heat: 2/5 Lane : 7 Athlete: DEGALLAIX MATHIAS — **Q-time: 01:57:93**

PB (25m pool): 01:57.93 Tournai 18/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.35		01:57.93	
		00:55.35		*01:02.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 15:30

Heat: 3/5 Lane : 6 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: 8: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 15:30

Heat: 3/5 Lane : 7 Athlete: VAN DEN HAUTE EMILE — **Q-time: 01:31:02**

PB (25m pool): 01:31.02 Tournai 18/01/2026 — **PB (50m pool):** 01:34.71 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.50		01:31.02	
		00:42.50		*00:48.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 15:32

Heat: 4/5 Lane : 6 Athlete: BONNARENS DRIES — **Q-time: 01:17:07**

PB (25m pool): 01:17.07 EEKLO 04/10/2026 — **PB (50m pool):** 01:19.84 **SB:** 01:17.07 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.94		01:17.07	
		00:35.94		*00:41.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 15:32

Heat: 4/5 Lane : 7 Athlete: DE VLIEGER ELIOTT — **Q-time: 01:17:85**

PB (25m pool): 01:17.85 Mons 27/06/2026 — **PB (50m pool):** 01:19.45 **SB:** 01:19.62 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.87		01:17.85	
		00:35.87		*00:41.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 8: 100M BREASTSTROKE MEN 11+ Heat:5, starttime: 15:34

Heat: 5/5 Lane : 3 Athlete: VANDORPE DANTE **Q-time: 01:10:31**

PB (25m pool): 01:10.31 Sinbad 12/01/2025 **PB (50m pool):** 01:12.44 **SB:** 01:10.81 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.08		01:10.31	
		00:33.08		*00:37.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ Heat:1, starttime: 15:36

Heat: 1/5 Lane : 3 Athlete: VANDENHOUCKE ALAïS **Q-time: 01:59:66**

PB (25m pool): 01:59.66 Mons 28/06/2025 **PB (50m pool):** 01:51.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.97		01:59.66	
		00:54.97		*01:04.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ Heat:1, starttime: 15:36

Heat: 1/5 Lane : 5 Athlete: DHOOGHE FELIZ **Q-time: 01:56:69**

PB (25m pool): 01:56.69 Sinbad 12/01/2025 **PB (50m pool):** 01:52.01 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.17		01:56.69	
		00:54.17		*01:02.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ Heat:2, starttime: 15:39

Heat: 2/5 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:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 15:41

Heat: 3/5 Lane : 3 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: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 15:45

Heat: 5/5 Lane : 5 Athlete: VANDEPOORTE PAULINE — **Q-time: 01:12:28**

PB (25m pool): 01:12.27 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 01:14.39 **SB:** 01:15.73 Mol 08/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.58		01:12.27	
		00:33.58		*00:38.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:3, starttime: 15:52

Heat: 3/4 Lane : 3 Athlete: BLOMMAERT CéLIAN — **Q-time: 01:11:54**

PB (25m pool): 01:11.54 Mons 27/06/2026 **PB (50m pool):** 01:15.48 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.93		01:11.54	
		00:32.93		*00:38.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:56

Heat: 1/2 Lane : 3 Athlete: VINOIS ANYSSïA — **Q-time: 99:99:99**

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

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

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 11: 100M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 15:57

Heat: 2/2 Lane : 5 Athlete: VAN OOTEGHEM KYANA — **Q-time: 01:13:93**

PB (25m pool): 01:13.93 Mons 27/06/2026 **PB (50m pool):** 01:13.78 **SB:** 01:14.96 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.37		01:13.93	
		00:34.37		*00:39.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:1, starttime: 16:00

Heat: 1/3 Lane : 5 Athlete: VRAMBOUT MARGUERITE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:2, starttime: 16:03

Heat: 2/3 Lane : 2 Athlete: ROSY VINCQ — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:2, starttime: 16:03

Heat: 2/3 Lane : 3 Athlete: VANDENBOGAERDE CéLESTINE — **Q-time: 99:99:99**

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

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

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:2, starttime: 16:03

Heat: 2/3 Lane : 4 Athlete: DELEUZE LOTTE — **Q-time: 02:19:54**

PB (25m pool): 02:19.54 Mons 27/06/2026 **PB (50m pool):** 02:18.65 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		01:07.84		02:19.54	
		01:07.84		*01:11.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:2, starttime: 16:03

Heat: 2/3 Lane : 5 Athlete: HUYSMAN JULIETTE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:2, starttime: 16:03

Heat: 2/3 Lane : 7 Athlete: MATTON ALICE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:3, starttime: 16:05

Heat: 3/3 Lane : 7 Athlete: SARRAZIN THIBAULT — **Q-time: 02:04:65**

PB (25m pool): no time **PB (50m pool):** 02:04.65 **SB:** no time

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

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 13: 100M MEDLEY MEN 11+ — Heat:1, starttime: 16:09

Heat: 1/8 Lane : 4 Athlete: LISON ARTHUR — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:3, starttime: 16:13

Heat: 3/8 Lane : 6 Athlete: DEGALLAIX MATHIAS — **Q-time: 01:35:45**

PB (25m pool): 01:35.45 Tournai 18/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.27		01:35.45	
		00:45.27		*00:50.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:3, starttime: 16:13

Heat: 3/8 Lane : 7 Athlete: VAN DEN HAUTE EMILE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:4, starttime: 16:15

Heat: 4/8 Lane : 2 Athlete: GLORIEUX ALEXANDER — **Q-time: 01:26:93**

PB (25m pool): 01:26.93 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:26.93 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:26.93	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 13: 100M MEDLEY MEN 11+ **Heat:4, starttime: 16:15**

Heat: 4/8 Lane : 5 Athlete: BONNARENS DRIES **Q-time: 01:18:85**

PB (25m pool): 01:18.85 Mons 23/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.58		01:18.85	
		00:37.58		*00:41.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ **Heat:4, starttime: 16:15**

Heat: 4/8 Lane : 6 Athlete: DE VLIEGER ELIOTT **Q-time: 01:24:39**

PB (25m pool): 01:09.56 Diksmuide 01/11/2026 **PB (50m pool):** no time **SB:** 01:09.56 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:32.54		01:09.56	
		00:32.54		*00:37.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ **Heat:5, starttime: 16:17**

Heat: 5/8 Lane : 2 Athlete: BLOMMAERT CéLIAN **Q-time: 01:15:60**

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

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

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ **Heat:5, starttime: 16:17**

Heat: 5/8 Lane : 5 Athlete: VRAMBOUT MAURICE **Q-time: 01:14:50**

PB (25m pool): 01:14.50 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:14.50 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:14.50	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 13: 100M MEDLEY MEN 11+ — Heat:7, starttime: 16:20

Heat: 7/8 Lane : 4 Athlete: VANDORPE DANTE — **Q-time: 01:06:30**

PB (25m pool): 01:06.04 Temse 23/12/2023 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:06.04	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:1, starttime: 16:24

Heat: 1/8 Lane : 3 Athlete: VINOIS ANYSSïA — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 16:31

Heat: 4/8 Lane : 2 Athlete: DHOOGHE FELIZ — **Q-time: 01:30:79**

PB (25m pool): 01:30.79 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:30.79 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:30.79	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 16:31

Heat: 4/8 Lane : 4 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:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 16:31

Heat: 4/8 Lane : 7 Athlete: DELEUZE KATO — **Q-time: 01:42:48**

PB (25m pool): 01:42.48 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:42.48 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:42.48	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:5, starttime: 16:33

Heat: 5/8 Lane : 2 Athlete: MERTENS XIANA — **Q-time: 01:24:05**

PB (25m pool): 01:24.05 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.51		01:24.05	
		00:40.51		*00:43.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:5, starttime: 16:33

Heat: 5/8 Lane : 4 Athlete: VAN OOTEGHEM KYANA — **Q-time: 01:17:43**

PB (25m pool): 01:17.21 Mons 23/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.63		01:17.21	
		00:34.63		*00:42.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:5, starttime: 16:33

Heat: 5/8 Lane : 6 Athlete: TABARY OCTAVIE — **Q-time: 01:21:89**

PB (25m pool): 01:21.89 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:21.89 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.89	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: RSC

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 16:35

Heat: 6/8 Lane : 5 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 01:14:01**

PB (25m pool): 01:14.01 Mons 23/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.27		01:14.01	
		00:33.27		*00:40.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:7, starttime: 16:37

Heat: 7/8 Lane : 4 Athlete: VANDEPOORTE PAULINE — **Q-time: 01:08:86**

PB (25m pool): 01:08.86 Verbauwenbad 18/04/2022 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:08.86	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:8, starttime: 16:38

Heat: 8/8 Lane : 7 Athlete: BEIJNSBERGER MARE — **Q-time: 01:08:63**

PB (25m pool): 01:08.36 Diksmuide 01/11/2026 **PB (50m pool):** no time **SB:** 01:08.36 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:30.25		01:08.36	
		00:30.25		*00:38.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: