Herfstcriterium 2026: Session: 1: COACH Evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: Moreels Barbara

Coaches: Schepers Jérôme

Coaches: Smet Elke HEADCOACH

Coaches: Meskens Dries

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

Event number: 2: 200M BREASTSTROKE WOMEN 13+ Heat:2, starttime: 14:25

Heat: 2/3 Lane : 2 Athlete: DEBAETS ELIEN **Q-time: 03:09:05**

PB (25m pool): 03:09.05 Durmehal 27/09/2026 **PB (50m pool):** 03:12.65 **SB:** 03:09.05 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.11		01:30.02		02:20.36		03:09.05
		00:42.11		*00:47.91*		*00:50.34*		*00:48.69*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ Heat:1, starttime: 14:30

Heat: 1/4 Lane : 5 Athlete: MAES JORDY **Q-time: 00:45:07**

PB (25m pool): 00:46.44 Sinbad 05/10/2025 **PB (50m pool):** 00:45.07 **SB:** no time

	25M	50M	
PB		00:46.44	
		00:46.44	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ Heat:3, starttime: 14:35

Heat: 3/4 Lane : 4 Athlete: DE COCK MATZ **Q-time: 00:34:77**

PB (25m pool): 00:34.77 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:37.20 **SB:** 00:34.77 Sint-Amandsberg 18/10/2026

	25M	50M	
PB		00:34.77	
		00:34.77	
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Coach feedback:

Herfstcriterium 2026: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:5, starttime: 14:40

Heat: 5/6 Lane : 7 Athlete: VANDER MIJNSBRUGGE LORE — **Q-time: 00:30:35**

PB (25m pool): 00:31.36 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:30.35 **SB:** 00:31.51 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:31.36	
	00:31.36		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:3, starttime: 15:00

Heat: 3/7 Lane : 5 Athlete: DEBAETS ELIEN — **Q-time: 01:22:85**

PB (25m pool): 01:22.85 BEERNEM 19/09/2026 **PB (50m pool):** 01:28.00 **SB:** 01:22.85 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:39.74		01:22.85	
	00:39.74		*00:43.11*		
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Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 15:05

Heat: 6/7 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE — **Q-time: 01:15:14**

PB (25m pool): 01:15.14 Temse 17/11/2025 **PB (50m pool):** 01:16.91 **SB:** 01:17.35 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.49		01:15.14	
	00:36.49		*00:38.65*		
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Coach feedback: