Herfstcriterium 2026: Session: 1: COACH evaluation sheet for TEAM: BEST

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

Coaches: Caerts Joke HEADCOACH

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

Event number: 2: 200M BREASTSTROKE WOMEN 13+ Heat:1, starttime: 14:20

Heat: 1/3 Lane : 6 Athlete: KERCKHOFS WOUKE **Q-time: 03:17:62**

PB (25m pool): 03:10.83 LEUVEN 15/11/2026 **PB (50m pool):** 03:17.85 **SB:** 03:10.83 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.05		01:32.75		02:22.89		03:10.83
		00:44.05		*00:48.70*		*00:50.14*		*00:47.94*
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Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ Heat:1, starttime: 14:35

Heat: 1/6 Lane : 4 Athlete: KERCKHOFS WOUKE **Q-time: 00:34:05**

PB (25m pool): 00:34.05 Aarschot 26/04/2026 **PB (50m pool):** 00:34.90 **SB:** no time

	25M	50M	
PB		00:34.05	
		00:34.05	
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Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ Heat:6, starttime: 14:40

Heat: 6/6 Lane : 2 Athlete: KERCKHOFS NIENKE **Q-time: 00:29:80**

PB (25m pool): 00:29.80 Leuven 04/10/2026 **PB (50m pool):** 00:30.67 **SB:** 00:29.80 Leuven 04/10/2026

	25M	50M	
PB		00:29.80	
		00:29.80	
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Coach feedback:

Herfstcriterium 2026: Session: 1: COACH evaluation sheet for TEAM: BEST

Event number: 6: 100M BACKSTROKE WOMEN 13+ **Heat:7, starttime: 15:10**

Heat: 7/7 Lane : 7 Athlete: KERCKHOFS NIENKE **Q-time: 01:13:61**

PB (25m pool): 01:13.61 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:15.01 **SB:** 01:13.61 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.94		01:13.61	
		00:35.94		*00:37.67*	
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Coach feedback: