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

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

Coaches: Banckaert Yinthe

Coaches: Debouck Emiel

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 : 3 Athlete: DE WEVER MAUD **Q-time: 03:07:99**

PB (25m pool): 03:07.99 Ieper 04/01/2026 **PB (50m pool):** 03:11.24 **SB:** 03:09.34 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.97		01:31.78		no time		03:07.99
		00:42.97		*00:48.81*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ Heat:2, starttime: 14:35

Heat: 2/6 Lane : 1 Athlete: DECOUTTERE EMMA **Q-time: 00:33:83**

PB (25m pool): 00:33.83 Brugge 04/10/2026 **PB (50m pool):** 00:35.26 **SB:** 00:33.83 Brugge 04/10/2026

	25M	50M
PB		00:33.83
		00:33.83
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ Heat:2, starttime: 14:55

Heat: 2/7 Lane : 3 Athlete: DECOUTTERE EMMA **Q-time: 01:26:04**

PB (25m pool): 01:26.04 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:29.25 **SB:** no time

	25M	50M	75M	100M
PB		00:41.60		01:26.04
		00:41.60		*00:44.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/7 Lane : 8 Athlete: DE WEVER MAUD **Q-time: 01:25:20**

PB (25m pool): **01:25.20** **Temse 17/11/2025** **PB (50m pool):** 01:23.65 **SB:** no time

	25M	50M	75M	100M	
PB		00:40.68		01:25.20	
		00:40.68		*00:44.52*	
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Coach feedback: