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

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

Coaches: Lammens Xander HEADCOACH

Coaches: Jacobs Ella

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

Event number: 3: 50M BREASTSTROKE MEN 13+ Heat:4, starttime: 14:35

Heat: 4/4 Lane : 3 Athlete: LAMMENS XANDER **Q-time: 00:33:21**

PB (25m pool): 00:32.58 LAGO Rozebroeken 23/10/2022 **PB (50m pool):** 00:32.90 **SB:** no time

	25 M	50 M	
PB		00:32.58	
	00:32.58		
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Coach feedback:

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

Heat: 5/6 Lane : 4 Athlete: JACOBS EVA **Q-time: 00:30:04**

PB (25m pool): 00:30.04 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:30.23 **SB:** 00:30.04 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:30.04	
	00:30.04		
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Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ Heat:5, starttime: 15:05

Heat: 5/7 Lane : 3 Athlete: JACOBS EVA **Q-time: 01:17:19**

PB (25m pool): 01:17.19 Gent 23/02/2025 **PB (50m pool):** 01:19.80 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.04		01:17.19	
		00:37.04		*00:40.15*	
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Coach feedback: