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

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

Coaches: Van Den Broeck Dennis

Coaches: Van den Brande Liesbeth

Coaches: Bosmans Fleur

Coaches: Van Den Broeck Michaël

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

Event number: 1: 200M FREESTYLE MEN 13+ Heat:3, starttime: 14:05

Heat: 3/6 Lane : 2 Athlete: VAN DEN BROECK TIEBE **Q-time: 02:21:47**

PB (25m pool): 02:24.92 Bastogne 05/04/2026 **PB (50m pool):** 02:21.47 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.18		01:09.20		01:47.79		02:24.92
		00:32.18		*00:37.02*		*00:38.59*		*00:37.13*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 6 Athlete: VERSPECHT KAAT **Q-time: 03:08:59**

PB (25m pool): 03:08.59 Liedekerke 01/05/2026 **PB (50m pool):** 03:20.09 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.25		01:30.72		no time		03:08.59
		00:42.25		*00:48.47*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ Heat:2, starttime: 14:30

Heat: 2/4 Lane : 5 Athlete: VAN DEN BROECK TIEBE **Q-time: 00:38:17**

PB (25m pool): 00:38.17 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** 00:41.36 **SB:** 00:38.87 Zwembad De Wauwer 13/09/2026

	25M	50M	
PB		00:38.17	
		00:38.17	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 7 Athlete: VAN DEN BRANDE LUCAS — **Q-time: 00:33:56**

PB (25m pool): 00:33.56 Leuven 04/10/2026 — **PB (50m pool):** 00:34.28 **SB:** 00:33.56 Leuven 04/10/2026

	25 M	50 M	
PB		00:33.56	
	00:33.56		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:3, starttime: 14:40

Heat: 3/6 Lane : 6 Athlete: DE SITTER KIRA — **Q-time: 00:31:96**

PB (25m pool): 00:31.96 Zwembad De Wauwer 13/09/2026 — **PB (50m pool):** 00:32.19 **SB:** 00:31.96 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:31.96	
	00:31.96		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 3 Athlete: VERSPECHT KAAT — **Q-time: 01:14:84**

PB (25m pool): 01:14.84 Bastogne 05/04/2026 — **PB (50m pool):** 01:17.34 **SB:** 01:16.63 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.06		01:14.84	
		00:36.06		*00:38.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: