Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: untill . 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: 7: 200M FREESTYLE WOMEN 13+ Heat:2, starttime: 15:50

Heat: 2/7 Lane : 8 Athlete: DECOUTTERE EMMA **Q-time: 02:42:34**

PB (25m pool): 02:42.34 Brugge 04/10/2026 **PB (50m pool):** 02:46.90 **SB:** 02:42.34 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.05		01:17.46		02:00.55		02:42.34
		00:36.05		*00:41.41*		*00:43.09*		*00:41.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:7, starttime: 16:05

Heat: 7/7 Lane : 3 Athlete: DEPUYDT HASSE **Q-time: 02:21:41**

PB (25m pool): 02:21.41 Brugge 04/10/2026 **PB (50m pool):** 02:22.16 **SB:** 02:21.41 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.49		01:08.79		01:45.98		02:21.41
		00:32.49		*00:36.30*		*00:37.19*		*00:35.43*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 13+ Heat:1, starttime: 16:20

Heat: 1/4 Lane : 6 Athlete: DECOUTTERE EMMA **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 00:46.73 **SB:** no time

	25M	50M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: IKZ

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:3, starttime: 16:20

Heat: 3/4 Lane : 1 Athlete: DE WEVER MAUD — **Q-time: 00:41:34**

PB (25m pool): 00:41.34 Diksmuide 12/10/2025 **PB (50m pool):** 00:42.01 **SB:** no time

	25 M	50 M	
PB		00:41.34	
	00:41.34		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:1, starttime: 16:25

Heat: 1/8 Lane : 5 Athlete: VANBRABANT ESBEN — **Q-time: 00:35:19**

PB (25m pool): 00:35.19 Menen 07/06/2026 **PB (50m pool):** 00:37.89 **SB:** no time

	25 M	50 M	
PB		00:35.19	
	00:35.19		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:4, starttime: 16:40

Heat: 4/4 Lane : 5 Athlete: DEPUYDT HASSE — **Q-time: 01:14:55**

PB (25m pool): 01:14.55 LAGO Zwevegem 09/06/2025 **PB (50m pool):** 01:15.59 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.89		01:14.55	
	00:33.89		*00:40.66*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:1, starttime: 16:40

Heat: 1/6 Lane : 4 Athlete: VANBRABANT ESBEN — **Q-time: 01:24:21**

PB (25m pool): 01:24.91 Meulebeke 19/04/2026 **PB (50m pool):** 01:25.92 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:24.91	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: