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

Coachinfo: Warming up from: untill . 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: 7: 200M FREESTYLE WOMEN 13+ Heat:6, starttime: 16:00

Heat: 6/7 Lane : 1 Athlete: JACOBS EVA **Q-time: 02:26:09**

PB (25m pool): 02:26.09 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:23.07 **SB:** 02:26.09 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.91		01:09.88		01:48.80		02:26.09
		00:32.91		*00:36.97*		*00:38.92*		*00:37.29*
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Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ Heat:7, starttime: 16:30

Heat: 7/8 Lane : 7 Athlete: LAMMENS XANDER **Q-time: 00:26:98**

PB (25m pool): 00:26.98 Durmehal 28/02/2026 **PB (50m pool):** 00:27.72 **SB:** 00:27.60 Durmehal 27/09/2026

	25M	50M	
PB		00:26.98	
		00:26.98	
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Coach feedback: