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

Coachinfo: Warming up from: untill . 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: 7: 200M FREESTYLE WOMEN 13+ Heat:4, starttime: 15:55

Heat: 4/7 Lane : 2 Athlete: DE SITTER KIRA **Q-time: 02:30:85**

PB (25m pool): 02:30.85 Meise 21/06/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.68		01:12.98		no time		02:30.85
		00:34.68		*00:38.30*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ Heat:3, starttime: 16:15

Heat: 3/3 Lane : 7 Athlete: VAN DEN BRANDE LUCAS **Q-time: 02:49:19**

PB (25m pool): 02:49.19 Leuven 04/10/2026 **PB (50m pool):** 02:51.88 **SB:** 02:49.19 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.33		01:19.69		02:04.30		02:49.19
		00:36.33		*00:43.36*		*00:44.61*		*00:44.89*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ Heat:3, starttime: 16:15

Heat: 3/3 Lane : 8 Athlete: VAN DEN BROECK TIEBE **Q-time: 02:54:37**

PB (25m pool): 02:54.37 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:57.52 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.68		01:24.00		02:09.61		02:54.37
		00:39.68		*00:44.32*		*00:45.61*		*00:44.76*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE WOMEN 13+ Heat:4, starttime: 16:25

Heat: 4/4 Lane : 6 Athlete: DE SITTER KIRA **Q-time: 00:37:04**

PB (25m pool): 00:37.04 Dilbeek 10/05/2026 **PB (50m pool):** 00:38.72 **SB:** 00:37.15 Leuven 04/10/2026

	25 M	50 M	
PB		00:37.04	
		00:37.04	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ Heat:3, starttime: 16:25

Heat: 3/8 Lane : 4 Athlete: VAN DEN BRANDE LUCAS **Q-time: 00:29:36**

PB (25m pool): 00:29.36 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:29.38 **SB:** 00:29.36 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:29.36	
		00:29.36	
	. . : . . : . .	. . : . . : . .	

Coach feedback: