Herfstcriterium 2026: Session: 3: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 08:00 untill 08:45. 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: 13: 100M BREASTSTROKE WOMEN 13+ Heat:5, starttime: 09:10

Heat: 5/19 Lane : 2 Athlete: DECOUTTERE EMMA **Q-time: 01:40:10**

PB (25m pool): 01:40.10 Brugge 04/10/2026 **PB (50m pool):** 01:42.09 **SB:** 01:40.10 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.79		01:40.10	
		00:47.79		*00:52.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:16, starttime: 09:30

Heat: 16/19 Lane : 1 Athlete: DE WEVER MAUD **Q-time: 01:27:80**

PB (25m pool): 01:27.80 Diksmuide 08/02/2026 **PB (50m pool):** 01:31.61 **SB:** 01:29.96 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.75		01:27.80	
		00:41.75		*00:46.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ Heat:2, starttime: 09:45

Heat: 2/14 Lane : 1 Athlete: DEGEZELLE LEON **Q-time: 01:44:45**

PB (25m pool): 01:44.45 Diksmuide 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.55		01:44.45	
		00:51.55		*00:52.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 3: COACH evaluation sheet for TEAM: IKZ

Event number: 14: 100M MEDLEY MEN 13+ — Heat:4, starttime: 09:45

Heat: 4/14 Lane : 1 Athlete: VANBRABANT ESBEN — **Q-time: 01:26:05**

PB (25m pool): 01:27.33 Menen 07/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:27.33	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:5, starttime: 09:50

Heat: 5/14 Lane : 7 Athlete: SINNESAEL CASPER — **Q-time: 01:21:64**

PB (25m pool): 01:21.64 Zwevegem 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.39		01:21.64	
		00:38.39		*00:43.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 10:15

Heat: 7/10 Lane : 8 Athlete: VANHEE NIEL — **Q-time: 00:42:37**

PB (25m pool): 00:43.00 Brugge 04/10/2026 **PB (50m pool):** 00:42.37 **SB:** 00:43.00 Brugge 04/10/2026

	25 M	50 M	
PB		00:43.00	
		00:43.00	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:5, starttime: 10:25

Heat: 5/20 Lane : 2 Athlete: DECOUTTERE EMMA — **Q-time: 00:41:05**

PB (25m pool): 00:41.05 Brugge 04/10/2026 **PB (50m pool):** 00:42.89 **SB:** 00:41.05 Brugge 04/10/2026

	25 M	50 M	
PB		00:41.05	
		00:41.05	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 3: COACH evaluation sheet for TEAM: IKZ

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:20, starttime: 10:40

Heat: 20/20 Lane : 6 Athlete: DEPUYDT HASSE — **Q-time: 00:32:01**

PB (25m pool): 00:32.12 DIKSMUIDE 30/11/2025 — **PB (50m pool):** 00:32.01 **SB:** 00:32.91 Brugge 04/10/2026

	25M	50M	
PB		00:32.12	
	00:32.12		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:1, starttime: 10:45

Heat: 1/9 Lane : 2 Athlete: DEGEZELLE LEON — **Q-time: 03:32:26**

PB (25m pool): no time — **PB (50m pool):** 03:32.26 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:1, starttime: 10:45

Heat: 1/9 Lane : 4 Athlete: SINNESAEL CASPER — **Q-time: 03:11:94**

PB (25m pool): 02:47.50 Meulebeke 25/10/2026 — **PB (50m pool):** 03:11.94 **SB:** 02:47.50 Meulebeke 25/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:40.02		01:21.99		no time		02:47.50
		00:40.02		*00:41.97*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:8, starttime: 12:05

Heat: 8/11 Lane : 5 Athlete: VANHEE NIEL — **Q-time: 01:41:04**

PB (25m pool): 01:41.04 Brugge 04/10/2026 — **PB (50m pool):** 01:48.47 **SB:** 01:41.04 Brugge 04/10/2026

	25M	50M	75M	100M	
PB		00:48.06		01:41.04	
	00:48.06		*00:52.98*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: