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

Coachinfo: Warming up from: 08:00 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Decabooter Geert HEADCOACH

Coaches: Destoop Jens

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:12, starttime: 09:25

Heat: 12/19 Lane : 4 Athlete: DEPAEPE LANA **Q-time: 01:30:41**

PB (25m pool): 01:30.41 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:31.40 **SB:** 01:31.07 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.01		01:30.41	
		00:42.01		*00:48.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:13, starttime: 09:25

Heat: 13/19 Lane : 6 Athlete: ROSSEAU RINSKE **Q-time: 01:29:98**

PB (25m pool): 01:26.02 LAGO Zwevegem 05/05/2024 **PB (50m pool):** 01:31.44 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:26.02	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:14, starttime: 09:30

Heat: 14/19 Lane : 1 Athlete: VAN GANSBEKE NORE **Q-time: 01:29:77**

PB (25m pool): 01:29.77 Brugge 04/10/2026 **PB (50m pool):** 01:37.08 **SB:** 01:29.77 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.77		01:29.77	
		00:41.77		*00:48.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:3, starttime: 09:45

Heat: 3/14 Lane : 5 Athlete: DEVOS EMILE — **Q-time: 01:26:38**

PB (25m pool): 01:26.38 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:26.38 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:26.38	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:8, starttime: 09:55

Heat: 8/14 Lane : 7 Athlete: TACK THORBEN — **Q-time: 01:16:89**

PB (25m pool): 01:16.89 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:16.89 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:16.89	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:6, starttime: 10:15

Heat: 6/10 Lane : 3 Athlete: DE MEESTER LIAM — **Q-time: 00:42:51**

PB (25m pool): 00:42.51 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 00:42.51 Waregem 26/09/2026

	25 M	50 M	
PB		00:42.51	
	00:42.51		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:3, starttime: 10:25

Heat: 3/20 Lane : 6 Athlete: WEYNE YOLIYA — **Q-time: 00:42:76**

PB (25m pool): 00:42.76 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:42.76 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:42.76	
	00:42.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:6, starttime: 10:25

Heat: 6/20 Lane : 1 Athlete: DEPAEPE LANA — **Q-time: 00:39:94**

PB (25m pool): 00:40.77 Waregem 26/09/2026 **PB (50m pool):** 00:39.94 **SB:** 00:40.77 Waregem 26/09/2026

	25 M	50 M	
PB		00:40.77	
	00:40.77		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:10, starttime: 10:30

Heat: 10/20 Lane : 5 Athlete: VAN GANSBEKE NORE — **Q-time: 00:37:14**

PB (25m pool): 00:37.14 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:42.43 **SB:** 00:37.14 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:37.14	
	00:37.14		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:11, starttime: 10:30

Heat: 11/20 Lane : 8 Athlete: ROSSEAU RINSKE — **Q-time: 00:36:96**

PB (25m pool): 00:36.59 LAGO Club Fit 03/12/2023 **PB (50m pool):** 00:37.99 **SB:** 00:37.43 Waregem 26/09/2026

	25 M	50 M	
PB		00:36.59	
	00:36.59		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:4, starttime: 10:55

Heat: 4/9 Lane : 4 Athlete: TACK THORBEN — **Q-time: 02:48:83**

PB (25m pool): 02:48.83 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 02:48.83 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.43		01:20.66		no time		02:48.83
	00:38.43		*00:42.23*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: