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

Coachinfo: Warming up from: 08:00 untill 08:45. 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: 13: 100M BREASTSTROKE WOMEN 13+ Heat:2, starttime: 09:05

Heat: 2/19 Lane : 6 Athlete: NEETESONNE LOTTE **Q-time: 01:53:84**

PB (25m pool): 01:42.15 Temse 15/11/2026 **PB (50m pool):** 01:53.84 **SB:** 01:42.15 Temse 15/11/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.85		01:42.15	
		00:47.85		*00:54.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:2, starttime: 10:20

Heat: 2/20 Lane : 5 Athlete: NEETESONNE LOTTE **Q-time: 00:44:41**

PB (25m pool): no time **PB (50m pool):** 00:49.84 **SB:** no time

	2 5 M	5 0 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 Heat:1, starttime: 11:20

Heat: 1/15 Lane : 3 Athlete: BOGAERT TIRZA **Q-time: 01:32:29**

PB (25m pool): 01:32.29 Durmehal 27/09/2026 **PB (50m pool):** 01:32.02 **SB:** 01:32.29 Durmehal 27/09/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.31		01:32.29	
		00:44.31		*00:47.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:3, starttime: 11:25

Heat: 3/15 Lane : 1 Athlete: DE WILDE JANNE — **Q-time: 01:25:93**

PB (25m pool): 01:25.23 Temse 15/11/2026 — **PB (50m pool):** 01:37.87 **SB:** 01:25.23 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.35		01:25.23	
		00:39.35		*00:45.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:5, starttime: 11:25

Heat: 5/15 Lane : 4 Athlete: LAMMENS YELISA — **Q-time: 01:21:86**

PB (25m pool): 01:17.81 Temse 15/11/2026 — **PB (50m pool):** 01:25.44 **SB:** 01:17.81 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:37.68		01:17.81	
		00:37.68		*00:40.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:4, starttime: 11:55

Heat: 4/11 Lane : 3 Athlete: VAN DEN BORRE AARON — **Q-time: 01:49:28**

PB (25m pool): no time — **PB (50m pool):** 01:49.28 **SB:** no time

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

Coach feedback: