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

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

Coaches: MOERMAN Helena

Coaches: DE SAEDELEER Jodie HEADCOACH

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:3, starttime: 09:05

Heat: 3/19 Lane : 3 Athlete: VERPLANCKE MARA — **Q-time: 01:45:32**

PB (25m pool): 01:45.32 Diksmuide 12/10/2025 **PB (50m pool):** 01:49.99 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.08		01:45.32	
	00:50.08		*00:55.24*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 1 Athlete: VERPLANCKE BALDER — **Q-time: 00:42:21**

PB (25m pool): 00:42.21 Brugge 04/10/2026 **PB (50m pool):** 00:42.78 **SB:** 00:42.21 Brugge 04/10/2026

	25 M	50 M	
PB		00:42.21	
	00:42.21		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 2 Athlete: DHONDT MATTHIAS — **Q-time: 00:41:96**

PB (25m pool): no time **PB (50m pool):** 00:41.96 **SB:** no time

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

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:10, starttime: 10:20

Heat: 10/10 Lane : 8 Athlete: POOT RUBE — **Q-time: 00:39:17**

PB (25m pool): 00:42.09 Diksmuide 12/10/2025 **PB (50m pool):** 00:39.17 **SB:** 00:43.05 Brugge 04/10/2026

	25 M	50 M	
PB		00:42.09	
		00:42.09	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/20 Lane : 2 Athlete: VERPLANCKE MARA — **Q-time: 00:36:71**

PB (25m pool): 00:36.72 Brugge 04/10/2026 **PB (50m pool):** 00:36.71 **SB:** 00:36.72 Brugge 04/10/2026

	25 M	50 M	
PB		00:36.72	
		00:36.72	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/15 Lane : 8 Athlete: TANGHE MARIT — **Q-time: 01:22:66**

PB (25m pool): 01:22.66 Brugge 04/10/2026 **PB (50m pool):** 01:37.54 **SB:** 01:22.66 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.71		01:22.66	
		00:38.71		*00:43.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:15, starttime: 11:45

Heat: 15/15 Lane : 2 Athlete: DERVAUX ELLA — **Q-time: 01:11:69**

PB (25m pool): 01:11.69 Brugge 04/10/2026 **PB (50m pool):** 01:14.19 **SB:** 01:11.69 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.30		01:11.69	
		00:34.30		*00:37.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:2, starttime: 11:50

Heat: 2/11 Lane : 4 Athlete: DHONDT MATTHIAS — **Q-time: 01:54:64**

PB (25m pool): 01:54.64 Diksmuide 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.16		01:54.64	
		00:54.16		*01:00.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:6, starttime: 12:00

Heat: 6/11 Lane : 7 Athlete: VERPLANCKE BALDER — **Q-time: 01:45:26**

PB (25m pool): 01:45.26 Brugge 04/10/2026 **PB (50m pool):** 01:47.81 **SB:** 01:45.26 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.06		01:45.26	
		00:50.06		*00:55.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:10, starttime: 12:10

Heat: 10/11 Lane : 3 Athlete: POOT RUBE — **Q-time: 01:36:32**

PB (25m pool): 01:36.32 Temse 17/11/2025 **PB (50m pool):** 01:38.10 **SB:** 01:44.66 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.70		01:36.32	
		00:44.70		*00:51.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: