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

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

Coaches: Vercooren cheyenne

Coaches: Segaert Wim HEADCOACH

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 : 1 Athlete: DIEUSAERT LIESELOT **Q-time: 01:55:39**

PB (25m pool): no time **PB (50m pool):** 01:55.39 **SB:** no time

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

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:2, starttime: 09:05

Heat: 2/19 Lane : 2 Athlete: DEWEERD MARIE-ALIXE **Q-time: 01:54:30**

PB (25m pool): 01:54.30 Diksmuide 09/03/2025 **PB (50m pool):** 02:13.10 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.50		01:54.30	
		00:54.50		*00:59.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:2, starttime: 09:05

Heat: 2/19 Lane : 3 Athlete: MAENE IMKE **Q-time: 01:53:18**

PB (25m pool): 01:53.18 Diksmuide 08/02/2026 **PB (50m pool):** 01:58.16 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:52.92		01:53.18	
		00:52.92		*01:00.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/19 Lane : 4 Athlete: NAESSENS MYRTHE — **Q-time: 01:45:03**

PB (25m pool): 01:45.03 Diksmuide 09/03/2025 **PB (50m pool):** 01:44.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.45		01:45.03	
		00:49.45		*00:55.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:7, starttime: 09:15

Heat: 7/19 Lane : 7 Athlete: SEGAERT HANNE — **Q-time: 01:36:04**

PB (25m pool): 01:38.24 Diksmuide 08/02/2026 **PB (50m pool):** 01:36.04 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.19		01:38.24	
		00:46.19		*00:52.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/19 Lane : 2 Athlete: VAN CAUWENBERGE LIO — **Q-time: 01:30:72**

PB (25m pool): 01:30.72 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 01:35.77 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.90		01:30.72	
		00:42.90		*00:47.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:18, starttime: 09:35

Heat: 18/19 Lane : 1 Athlete: VAN BARNEVELD KAAT — **Q-time: 01:24:34**

PB (25m pool): 01:24.34 Diksmuide 12/10/2025 **PB (50m pool):** 01:26.41 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.73		01:24.34	
		00:38.73		*00:45.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 8/14 Lane : 5 Athlete: VANDOOREN LOU — **Q-time: 01:15:93**

PB (25m pool): 01:15.93 Zwevegem 31/05/2026 **PB (50m pool):** no time **SB:** 01:16.73 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		00:35.48		01:15.93	
		00:35.48		*00:40.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:11, starttime: 10:00

Heat: 11/14 Lane : 5 Athlete: VANSIELEGHEM JAYDEN — **Q-time: 01:12:07**

PB (25m pool): 01:12.07 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:12.07 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:12.07	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:1, starttime: 10:20

Heat: 1/20 Lane : 6 Athlete: DIEUSAERT LIESELOT — **Q-time: 00:51:01**

PB (25m pool): 00:51.01 Waregem 26/09/2026 **PB (50m pool):** 00:52.19 **SB:** 00:51.01 Waregem 26/09/2026

	25 M	50 M	
PB		00:51.01	
		00:51.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:8, starttime: 10:30

Heat: 8/20 Lane : 1 Athlete: NAESSENS MYRTHE — **Q-time: 00:38:04**

PB (25m pool): 00:38.04 DIKSMUIDE 30/11/2025 **PB (50m pool):** 00:38.48 **SB:** no time

	25 M	50 M	
PB		00:38.04	
		00:38.04	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:9, starttime: 10:30

Heat: 9/20 Lane : 8 Athlete: VAN CAUWENBERGE LIO **Q-time: 00:37:65**

PB (25m pool): 00:37.65 Brugge 04/10/2026 **PB (50m pool):** 00:44.35 **SB:** 00:37.65 Brugge 04/10/2026

	25 M	50 M	
PB		00:37.65	
		00:37.65	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:14, starttime: 10:35

Heat: 14/20 Lane : 8 Athlete: SEGAERT HANNE **Q-time: 00:35:41**

PB (25m pool): 00:35.41 Menen 01/05/2026 **PB (50m pool):** 00:36.58 **SB:** 00:36.23 Brugge 04/10/2026

	25 M	50 M	
PB		00:35.41	
		00:35.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:15, starttime: 10:35

Heat: 15/20 Lane : 8 Athlete: DEKEYSER NORAH **Q-time: 00:35:03**

PB (25m pool): 00:35.03 Menen 01/05/2026 **PB (50m pool):** 00:35.84 **SB:** 00:35.58 Waregem 26/09/2026

	25 M	50 M	
PB		00:35.03	
		00:35.03	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 20/20 Lane : 8 Athlete: VAN BARNEVELD KAAT **Q-time: 00:32:56**

PB (25m pool): 00:32.56 Waregem 26/09/2026 **PB (50m pool):** 00:32.39 **SB:** 00:32.56 Waregem 26/09/2026

	25 M	50 M	
PB		00:32.56	
		00:32.56	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:7, starttime: 11:30

Heat: 7/15 Lane : 6 Athlete: VANDEVIJVERE LORE — **Q-time: 01:19:41**

PB (25m pool): 01:19.63 Brugge 04/10/2026 — **PB (50m pool):** 01:19.41 **SB:** 01:19.63 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.27		01:19.63	
		00:38.27		*00:41.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:9, starttime: 11:35

Heat: 9/15 Lane : 4 Athlete: DE CLOEDT DELGADO LISA — **Q-time: 01:17:30**

PB (25m pool): 01:17.30 Brugge 04/10/2026 — **PB (50m pool):** 01:18.94 **SB:** 01:17.30 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.08		01:17.30	
		00:37.08		*00:40.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/15 Lane : 8 Athlete: DIEUSAERT ROSELIEN — **Q-time: 01:12:65**

PB (25m pool): 01:12.65 Brugge 04/10/2026 — **PB (50m pool):** 01:15.93 **SB:** 01:12.65 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.31		01:12.65	
		00:35.31		*00:37.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/11 Lane : 1 Athlete: GOUDESEUNE LEON — **Q-time: 01:58:16**

PB (25m pool): 01:58.16 Menen 01/05/2026 — **PB (50m pool):** 01:59.89 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:56.18		01:58.16	
		00:56.18		*01:01.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: