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

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

Coaches: De Ridder Elke HEADCOACH

Coaches: De Letter Gerard

Coaches: Vanderrijst Ananza

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:4, starttime: 09:05

Heat: 4/19 Lane : 6 Athlete: DE LETTER LINDE **Q-time: 01:41:81**

PB (25m pool): 01:41.81 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:50.57 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.49		01:41.81	
		00:47.49		*00:54.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:5, starttime: 09:10

Heat: 5/19 Lane : 8 Athlete: WINDHEY FIEN **Q-time: 01:40:60**

PB (25m pool): 01:40.60 Durmehal 27/09/2026 **PB (50m pool):** 01:41.55 **SB:** 01:40.60 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:47.84		01:40.60	
		00:47.84		*00:52.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:6, starttime: 09:10

Heat: 6/19 Lane : 5 Athlete: COWIE LORE **Q-time: 01:36:91**

PB (25m pool): 01:36.91 Liedekerke 11/11/2025 **PB (50m pool):** 01:42.66 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.28		01:36.91	
		00:45.28		*00:51.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:9, starttime: 09:20

Heat: 9/19 Lane : 3 Athlete: DE MAEIJER ELENA — **Q-time: 01:33:42**

PB (25m pool): 01:33.42 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:38.12 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.73		01:33.42	
		00:43.73		*00:49.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:9, starttime: 09:20

Heat: 9/19 Lane : 6 Athlete: VANDERSCHAEGHE ELLA — **Q-time: 01:33:63**

PB (25m pool): 01:33.63 Temse 31/05/2026 **PB (50m pool):** 01:37.15 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.83		01:33.63	
		00:43.83		*00:49.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/19 Lane : 8 Athlete: COLPAERT JULIE — **Q-time: 01:29:80**

PB (25m pool): 01:29.80 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:36.81 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.66		01:29.80	
		00:42.66		*00:47.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/19 Lane : 2 Athlete: DE WINTER LORE — **Q-time: 01:27:49**

PB (25m pool): 01:27.49 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:30.11 **SB:** 01:30.27 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:41.14		01:27.49	
		00:41.14		*00:46.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/14 Lane : 3 Athlete: HAECK RUNE — **Q-time: 01:21:17**

PB (25m pool): 01:21.17 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:21.17	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/14 Lane : 8 Athlete: TAELMAN YANN — **Q-time: 01:14:75**

PB (25m pool): 01:14.75 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.41		01:14.75	
	00:35.41		*00:39.34*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/10 Lane : 6 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 00:42:75**

PB (25m pool): 00:42.75 EEKLO 04/10/2026 **PB (50m pool):** 00:43.87 **SB:** 00:42.75 EEKLO 04/10/2026

	25 M	50 M	
PB		00:42.75	
	00:42.75		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:4, starttime: 10:25

Heat: 4/20 Lane : 1 Athlete: WINDHEY FIEN — **Q-time: 00:42:03**

PB (25m pool): 00:46.81 Durmehal 27/09/2026 **PB (50m pool):** 00:46.73 **SB:** 00:46.81 Durmehal 27/09/2026

	25 M	50 M	
PB		00:46.81	
	00:46.81		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/20 Lane : 3 Athlete: DE LETTER LINDE **Q-time: 00:40:78**

PB (25m pool): 00:40.78 BEERNEM 19/09/2026 **PB (50m pool):** 00:41.52 **SB:** 00:40.78 BEERNEM 19/09/2026

	2 5 M	5 0 M	
PB		00:40.78	
		00:40.78	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:7, starttime: 10:30

Heat: 7/20 Lane : 8 Athlete: VANDERSCHAEGHE ELLA **Q-time: 00:39:27**

PB (25m pool): 00:39.27 BEERNEM 19/09/2026 **PB (50m pool):** 00:39.79 **SB:** 00:39.27 BEERNEM 19/09/2026

	2 5 M	5 0 M	
PB		00:39.27	
		00:39.27	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/20 Lane : 3 Athlete: DE WINTER LORE **Q-time: 00:37:77**

PB (25m pool): 00:38.63 BEERNEM 19/09/2026 **PB (50m pool):** 00:37.77 **SB:** 00:38.63 BEERNEM 19/09/2026

	2 5 M	5 0 M	
PB		00:38.63	
		00:38.63	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/20 Lane : 6 Athlete: DE MAEIJER ELENA **Q-time: 00:35:78**

PB (25m pool): 00:35.78 BEERNEM 19/09/2026 **PB (50m pool):** 00:36.19 **SB:** 00:35.78 BEERNEM 19/09/2026

	2 5 M	5 0 M	
PB		00:35.78	
		00:35.78	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 16/20 Lane : 4 Athlete: COWIE LORE — **Q-time: 00:34:39**

PB (25m pool): 00:35.15 EEKLO 04/10/2026 **PB (50m pool):** 00:34.39 **SB:** 00:35.15 EEKLO 04/10/2026

	25 M	50 M	
PB		00:35.15	
	00:35.15		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:17, starttime: 10:40

Heat: 17/20 Lane : 6 Athlete: COLPAERT JULIE — **Q-time: 00:33:99**

PB (25m pool): 00:34.39 Eeklo 19/04/2026 **PB (50m pool):** 00:33.99 **SB:** no time

	25 M	50 M	
PB		00:34.39	
	00:34.39		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/9 Lane : 8 Athlete: HAECK RUNE — **Q-time: 02:54:44**

PB (25m pool): 02:54.44 Zottegem 01/03/2026 **PB (50m pool):** 02:58.40 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.32		01:26.13		no time		02:54.44
	00:42.32		*00:43.81*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:7, starttime: 11:10

Heat: 7/9 Lane : 1 Athlete: TAELMAN YANN — **Q-time: 02:39:57**

PB (25m pool): 02:39.57 Sint-Niklaas 28/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.09		01:18.46		no time		02:39.57
	00:38.09		*00:40.37*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 11:20

Heat: 2/15 Lane : 8 Athlete: VAN PETEGHEM LAYLA — **Q-time: 01:29:21**

PB (25m pool): 01:29.21 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:31.41 **SB:** 01:29.21 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:44.30		01:29.21	
		00:44.30		*00:44.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:4, starttime: 11:25

Heat: 4/15 Lane : 8 Athlete: COLPAERT LEONIE — **Q-time: 01:24:73**

PB (25m pool): 01:24.73 Temse 31/05/2026 **PB (50m pool):** 01:26.23 **SB:** 01:27.25 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.23		01:24.73	
		00:41.23		*00:43.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:6, starttime: 11:30

Heat: 6/15 Lane : 6 Athlete: VAN PETEGHEM ALINE — **Q-time: 01:20:50**

PB (25m pool): 01:25.23 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:20.50 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.79		01:25.23	
		00:40.79		*00:44.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:7, starttime: 12:00

Heat: 7/11 Lane : 4 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 01:42:05**

PB (25m pool): 01:42.05 EEKLO 04/10/2026 **PB (50m pool):** 01:47.56 **SB:** 01:42.05 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.93		01:42.05	
		00:47.93		*00:54.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: