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

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

Coaches: Tieghem Kristof HEADCOACH

Coaches: Lefever Elisa

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

Event number: 14: 100M MEDLEY MEN 13+ Heat:12, starttime: 10:00

Heat: 12/14 Lane : 2 Athlete: DEVRIESE SKY | **Q-time: 01:10:36**

PB (25m pool): 01:10.36 Ettelbruck 19/04/2026 **PB (50m pool):** no time **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.55		01:10.36	
		00:32.55		*00:37.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/20 Lane : 1 Athlete: VANDAMME BRITT | **Q-time: 00:38:54**

PB (25m pool): no time **PB (50m pool):** 00:38.54 **SB:** no time

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

Coach feedback:

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

Heat: 9/20 Lane : 6 Athlete: DECEUNINCK EMMA | **Q-time: 00:37:45**

PB (25m pool): 00:39.37 Diksmuide 12/10/2025 **PB (50m pool):** 00:37.45 **SB:** no time

	2 5 M	5 0 M	
PB		00:39.37	
		00:39.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/15 Lane : 7 Athlete: DEMAREST JAYDA — **Q-time: 01:21:99**

PB (25m pool): 01:21.99 Brugge 04/10/2026 — **PB (50m pool):** 01:22.24 **SB:** 01:21.99 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.01		01:21.99	
		00:39.01		*00:42.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:11, starttime: 11:40

Heat: 11/15 Lane : 4 Athlete: DECAESTECKER OONA — **Q-time: 01:15:26**

PB (25m pool): 01:15.26 Zwevegem 31/05/2026 — **PB (50m pool):** 01:13.91 **SB:** 01:15.46 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.09		01:15.26	
		00:36.09		*00:39.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: