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

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

Coaches: Van Den Broeck Dennis

Coaches: Van den Brande Liesbeth

Coaches: Bosmans Fleur

Coaches: Van Den Broeck Michaël

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

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

Heat: 12/19 Lane : 3 Athlete: DE TOLLENAERE LAURA **Q-time: 01:30:51**

PB (25m pool): 01:30.51 Bastogne 05/04/2026 **PB (50m pool):** 01:32.87 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.39		01:30.51	
		00:42.39		*00:48.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 18/19 Lane : 2 Athlete: DE SITTER KIRA **Q-time: 01:23:45**

PB (25m pool): 01:23.45 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 01:26.30 **SB:** 01:23.45 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:38.72		01:23.45	
		00:38.72		*00:44.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:19, starttime: 09:40

Heat: 19/19 Lane : 7 Athlete: JACOBS LAURIEN **Q-time: 01:21:43**

PB (25m pool): 01:21.06 Sinbad 29/12/2024 **PB (50m pool):** 01:24.34 **SB:** 01:23.39 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.99		01:21.06	
		00:37.99		*00:43.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:3, starttime: 10:10

Heat: 3/10 Lane : 7 Athlete: VAN DEN BRANDE JASPER — **Q-time: 00:47:27**

PB (25m pool): 00:47.50 Liedekerke 01/05/2026 **PB (50m pool):** 00:47.27 **SB:** 00:50.42 Zwembad De Wauwer 13/09/2026

	2 5 M	5 0 M	
PB		00:47.50	
		00:47.50	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/20 Lane : 2 Athlete: DE SITTER KIRA — **Q-time: 00:37:86**

PB (25m pool): 00:37.86 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:40.36 **SB:** 00:37.86 Zwembad De Wauwer 13/09/2026

	2 5 M	5 0 M	
PB		00:37.86	
		00:37.86	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/20 Lane : 5 Athlete: DE TOLLENAERE LAURA — **Q-time: 00:37:36**

PB (25m pool): 00:37.36 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:38.09 **SB:** 00:37.36 Zwembad De Wauwer 13/09/2026

	2 5 M	5 0 M	
PB		00:37.36	
		00:37.36	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/20 Lane : 1 Athlete: VERSPECHT KAAT — **Q-time: 00:35:40**

PB (25m pool): 00:35.66 Tervuren 30/05/2026 **PB (50m pool):** 00:35.40 **SB:** no time

	2 5 M	5 0 M	
PB		00:35.66	
		00:35.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 17: 200M BACKSTROKE MEN 13+ Heat:6, starttime: 11:05

Heat: 6/9 Lane : 4 Athlete: VAN DEN BROECK TIEBE **Q-time: 02:40:69**

PB (25m pool): 02:40.69 Liedekerke 01/05/2026 **PB (50m pool):** 02:44.37 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:38.44		01:18.82		no time		02:40.69
		00:38.44		*00:40.38*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 Heat:1, starttime: 11:45

Heat: 1/11 Lane : 4 Athlete: VAN DEN BRANDE JASPER **Q-time: 01:59:12**

PB (25m pool): 01:59.12 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** no time **SB:** 01:59.12 Gemeentelijk zwembad Heuvelkou 1

	25M	50M	75M	100M	
PB		00:55.38		01:59.12	
		00:55.38		*01:03.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: