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

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

Coaches: Verhaegen Els

Coaches: Van Schoor Els

Coaches: Delissen Kim

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 : 4 Athlete: VANDE SOMPELE HASSE **Q-time: 01:40:85**

PB (25m pool): 01:44.69 Mol 29/12/2024 **PB (50m pool):** 01:40.85 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.13		01:44.69	
		00:49.13		*00:55.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/19 Lane : 8 Athlete: DE SCHEPPER LARA **Q-time: 01:31:30**

PB (25m pool): 01:31.30 2370 Arendonk 21/12/2025 **PB (50m pool):** 01:36.64 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.17		01:31.30	
		00:44.17		*00:47.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 19/19 Lane : 1 Athlete: VANDE SOMPELE JITS **Q-time: 01:21:69**

PB (25m pool): 01:21.69 Aartselaar 01/11/2026 **PB (50m pool):** 01:23.90 **SB:** 01:21.69 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.64		01:21.69	
		00:38.64		*00:43.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:13, starttime: 10:05

Heat: 13/14 Lane : 1 Athlete: EL HADDOUCHI HAROUN — **Q-time: 01:09:27**

PB (25m pool): 01:09.27 Tilburg 13/09/2026 **PB (50m pool):** no time **SB:** 01:09.27 Tilburg 13/09/2026

	25 M	50 M	75 M	100 M	
PB		00:31.68		01:09.27	
		00:31.68		*00:37.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:13, starttime: 10:05

Heat: 13/14 Lane : 7 Athlete: LADEWIG SETH — **Q-time: 01:08:33**

PB (25m pool): 01:08.33 Tilburg 13/09/2026 **PB (50m pool):** no time **SB:** 01:08.33 Tilburg 13/09/2026

	25 M	50 M	75 M	100 M	
PB		00:31.52		01:08.33	
		00:31.52		*00:36.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:14, starttime: 10:05

Heat: 14/14 Lane : 6 Athlete: MESTARI ABDERRAHMANE — **Q-time: 01:06:56**

PB (25m pool): 01:06.56 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 01:06.56 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:06.56	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/20 Lane : 7 Athlete: VANDE SOMPELE HASSE — **Q-time: 00:41:90**

PB (25m pool): no time **PB (50m pool):** 00:41.90 **SB:** no time

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

Coach feedback:

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

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

Heat: 14/20 Lane : 7 Athlete: NULENS LILI — **Q-time: 00:35:39**

PB (25m pool): 00:35.39 Nijlen 16/11/2025 **PB (50m pool):** 00:32.41 **SB:** no time

	25 M	50 M	
PB		00:35.39	
		00:35.39	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/20 Lane : 5 Athlete: DE SCHEPPER LARA — **Q-time: 00:33:66**

PB (25m pool): 00:33.66 Mol 04/10/2026 **PB (50m pool):** 00:33.64 **SB:** 00:33.66 Mol 04/10/2026

	25 M	50 M	
PB		00:33.66	
		00:33.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/20 Lane : 7 Athlete: VAN DEN BOSSCHE LIA — **Q-time: 00:34:25**

PB (25m pool): 00:34.25 Tilburg 13/09/2026 **PB (50m pool):** 00:34.40 **SB:** 00:34.25 Tilburg 13/09/2026

	25 M	50 M	
PB		00:34.25	
		00:34.25	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:19, starttime: 10:40

Heat: 19/20 Lane : 6 Athlete: VANDE SOMPELE JITS — **Q-time: 00:33:02**

PB (25m pool): 00:33.20 Mol 04/10/2026 **PB (50m pool):** 00:33.02 **SB:** 00:33.20 Mol 04/10/2026

	25 M	50 M	
PB		00:33.20	
		00:33.20	
	. . : . . : . .	. . : . . : . .	

Coach feedback: