Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Melis Tom

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

Event number: 22: 50M BUTTERFLY WOMEN 11-12 Heat:7, starttime: 15:10

Heat: 7/13 Lane : 8 Athlete: VAN DIJCK LOTTE **Q-time: 00:42:71**

PB (25m pool): 00:42.71 Herentals 09/05/2026 **PB (50m pool):** 00:43.49 **SB:** 00:43.91 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:42.71	
		00:42.71	
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Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 Heat:14, starttime: 17:25

Heat: 14/15 Lane : 5 Athlete: VAN DIJCK LOTTE **Q-time: 01:32:49**

PB (25m pool): 01:32.49 Nijlen 18/10/2026 **PB (50m pool):** 01:35.86 **SB:** 01:32.49 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.06		01:32.49	
		00:44.06	*00:48.43*		
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Coach feedback: