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

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

Coaches: Banckaert Yinthe

Coaches: Debouck Emiel

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:1, starttime: 14:00

Heat: 1/14 Lane : 6 Athlete: DEGEZELLE LEON **Q-time: 01:57:24**

PB (25m pool): 01:57.24 Diksmuide 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.90		01:57.24	
		00:55.90		*01:01.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:5, starttime: 14:10

Heat: 5/14 Lane : 8 Athlete: SINNESAEL CASPER **Q-time: 01:35:25**

PB (25m pool): 01:35.25 Diksmuide 08/02/2026 **PB (50m pool):** 01:47.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.10		01:35.25	
		00:46.10		*00:49.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:6, starttime: 14:40

Heat: 6/18 Lane : 6 Athlete: DECOUTTERE EMMA **Q-time: 01:25:96**

PB (25m pool): 01:25.96 Brugge 04/10/2026 **PB (50m pool):** no time **SB:** 01:25.96 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.95		01:25.96	
		00:38.95		*00:47.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:12, starttime: 14:50

Heat: 12/18 Lane : 5 Athlete: DE WEVER MAUD — **Q-time: 01:19:88**

PB (25m pool): 01:19.88 Zwevegem 31/05/2026 **PB (50m pool):** no time **SB:** 01:20.34 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.89		01:19.88	
		00:37.89		*00:41.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:18, starttime: 15:00

Heat: 18/18 Lane : 7 Athlete: DEPUYDT HASSE — **Q-time: 01:14:52**

PB (25m pool): 01:14.52 Zwevegem 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.98		01:14.52	
		00:33.98		*00:40.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:1, starttime: 15:20

Heat: 1/16 Lane : 1 Athlete: DEGEZELLE LEON — **Q-time: 00:51:70**

PB (25m pool): no time **PB (50m pool):** 00:54.71 **SB:** no time

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

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:2, starttime: 15:20

Heat: 2/16 Lane : 1 Athlete: VANBRABANT ESBEN — **Q-time: 00:42:65**

PB (25m pool): no time **PB (50m pool):** 00:42.65 **SB:** no time

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

Coach feedback:

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

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:5, starttime: 15:25

Heat: 5/16 Lane : 7 Athlete: SINNESAEL CASPER — **Q-time: 00:36:64**

PB (25m pool): 00:36.64 Brugge 04/10/2026 **PB (50m pool):** 00:37.13 **SB:** 00:36.64 Brugge 04/10/2026

	25 M	50 M
PB		00:36.64
	00:36.64	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/13 Lane : 2 Athlete: DECOUTTERE EMMA — **Q-time: 03:00:51**

PB (25m pool): 03:00.51 Brugge 04/10/2026 **PB (50m pool):** 03:14.60 **SB:** 03:00.51 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.22		01:25.22		02:13.45		03:00.51
		00:40.22		*00:45.00*		*00:48.23*		*00:47.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:13, starttime: 16:25

Heat: 13/13 Lane : 7 Athlete: DEPUYDT HASSE — **Q-time: 02:36:72**

PB (25m pool): 02:36.72 Diksmuide 08/02/2026 **PB (50m pool):** 02:40.52 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.91		01:16.38		01:57.52		02:36.72
		00:36.91		*00:39.47*		*00:41.14*		*00:39.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:6, starttime: 16:40

Heat: 6/12 Lane : 6 Athlete: VANHEE NIEL — **Q-time: 01:20:58**

PB (25m pool): 01:20.58 Brugge 04/10/2026 **PB (50m pool):** 01:23.74 **SB:** 01:20.58 Brugge 04/10/2026

	25 M	50 M	75 M	100 M
PB		00:38.65		01:20.58
		00:38.65		*00:41.93*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: