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

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

Coaches: Lesceu Philippe HEADCOACH

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

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:9, starttime: 14:45

Heat: 9/18 Lane : 5 Athlete: VAN STEENWINKEL ESTHER **Q-time: 01:21:86**

PB (25m pool): 01:21.86 Sinbad 22/07/2025 **PB (50m pool):** no time **SB:** 01:24.00 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.86	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/18 Lane : 2 Athlete: VAN HOYLANDT JULIE **Q-time: 01:20:28**

PB (25m pool): 01:20.28 Vilvoorde 01/03/2026 **PB (50m pool):** no time **SB:** 01:21.67 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:20.28	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 Heat:6, starttime: 15:10

Heat: 6/13 Lane : 6 Athlete: VAN DEN TROOST AMY **Q-time: 00:42:96**

PB (25m pool): no time **PB (50m pool):** 00:42.96 **SB:** no time

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

Coach feedback:

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

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

Heat: 10/13 Lane : 8 Athlete: KEERSMAEKERS ELLA — **Q-time: 00:40:40**

PB (25m pool): 00:40.40 Mons 25/10/2026 — **PB (50m pool):** 00:40.78 **SB:** 00:40.40 Mons 25/10/2026

	25 M	50 M	
PB		00:40.40	
		00:40.40	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:7, starttime: 16:05

Heat: 7/13 Lane : 3 Athlete: VAN STEENWINKEL ESTHER — **Q-time: 02:55:78**

PB (25m pool): 02:55.78 Mons 25/10/2026 — **PB (50m pool):** 02:59.88 **SB:** 02:55.78 Mons 25/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.46		01:26.79		02:12.56		02:55.78
		00:41.46		*00:45.33*		*00:45.77*		*00:43.22*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:9, starttime: 16:10

Heat: 9/13 Lane : 5 Athlete: VAN HOYLANDT JULIE — **Q-time: 02:47:92**

PB (25m pool): 02:47.92 Mons 25/10/2026 — **PB (50m pool):** 03:00.87 **SB:** 02:47.92 Mons 25/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.36		01:22.00		02:06.51		02:47.92
		00:39.36		*00:42.64*		*00:44.51*		*00:41.41*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:12, starttime: 16:50

Heat: 12/12 Lane : 4 Athlete: PIERART VITO — **Q-time: 01:11:38**

PB (25m pool): 01:11.38 Leuven 04/10/2026 — **PB (50m pool):** 01:12.65 **SB:** 01:11.38 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.77		01:11.38	
		00:33.77		*00:37.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:10, starttime: 17:15

Heat: 10/15 Lane : 2 Athlete: KEERSMAEKERS ELLA — **Q-time: 01:41:02**

PB (25m pool): 01:41.02 Mons 25/10/2026 **PB (50m pool):** no time **SB:** 01:41.02 Mons 25/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.17		01:41.02	
		00:48.17		*00:52.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/15 Lane : 3 Athlete: VAN DEN TROOST AMY — **Q-time: 01:33:52**

PB (25m pool): 01:33.52 Mons 25/10/2026 **PB (50m pool):** 01:39.51 **SB:** 01:33.52 Mons 25/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.14		01:33.52	
		00:44.14		*00:49.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: