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

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

Coaches: Lammens Xander HEADCOACH

Coaches: Jacobs Ella

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

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:1, starttime: 15:05

Heat: 1/13 Lane : 3 Athlete: BOGAERT TIRZA — **Q-time: 00:53:91**

PB (25m pool): 00:53.91 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:53.91 Durmehal 27/09/2026

	2 5 M	5 0 M	
PB		00:53.91	
	00:53.91		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/13 Lane : 1 Athlete: DE WILDE JANNE — **Q-time: 00:48:61**

PB (25m pool): 00:48.61 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:48.61 Durmehal 27/09/2026

	2 5 M	5 0 M	
PB		00:48.61	
	00:48.61		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:4, starttime: 15:10

Heat: 4/13 Lane : 1 Athlete: LAMMENS YELISA — **Q-time: 00:46:16**

PB (25m pool): 00:46.16 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:46.16 Durmehal 27/09/2026

	2 5 M	5 0 M	
PB		00:46.16	
	00:46.16		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:2, starttime: 15:45

Heat: 2/13 Lane : 7 Athlete: NEETESONNE LOTTE — **Q-time: 03:27:42**

PB (25m pool): no time **PB (50m pool):** 03:27.42 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/12 Lane : 5 Athlete: VAN DEN BORRE AARON — **Q-time: 01:20:24**

PB (25m pool): 01:20.24 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:34.05 **SB:** 01:20.24 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.63		01:20.24	
	00:36.63		*00:43.61*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:2, starttime: 16:55

Heat: 2/15 Lane : 4 Athlete: BOGAERT TIRZA — **Q-time: 01:56:14**

PB (25m pool): 01:50.44 Temse 15/11/2026 **PB (50m pool):** 01:54.60 **SB:** 01:50.44 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:50.68		01:50.44	
	00:50.68		*00:59.76*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:5, starttime: 17:05

Heat: 5/15 Lane : 3 Athlete: DE WILDE JANNE — **Q-time: 01:48:52**

PB (25m pool): 01:47.54 Temse 15/11/2026 **PB (50m pool):** 01:58.70 **SB:** 01:47.54 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:48.63		01:47.54	
	00:48.63		*00:58.91*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 **Heat:9, starttime: 17:15**

Heat: 9/15 Lane : 7 Athlete: LAMMENS YELISA **Q-time: 01:42:18**

PB (25m pool): 01:42.18 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:50.53 **SB:** 01:42.18 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:49.72		01:42.18	
		00:49.72		*00:52.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: