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

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

Coaches: Vercooren cheyenne

Coaches: Segaert Wim HEADCOACH

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

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:6, starttime: 14:10

Heat: 6/14 Lane : 1 Athlete: VANDOOREN LOU — **Q-time: 01:32:71**

PB (25m pool): 01:32.71 Temse 17/11/2025 **PB (50m pool):** 01:34.33 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.28		01:32.71	
		00:44.28		*00:48.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:11, starttime: 14:20

Heat: 11/14 Lane : 1 Athlete: VANSIELEGHEM JAYDEN — **Q-time: 01:21:76**

PB (25m pool): 01:21.76 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:24.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.36		01:21.76	
		00:38.36		*00:43.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:1, starttime: 14:30

Heat: 1/18 Lane : 6 Athlete: MAENE IMKE — **Q-time: 01:44:24**

PB (25m pool): 01:44.24 Diksmuide 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.87		01:44.24	
		00:46.87		*00:57.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:3, starttime: 14:35

Heat: 3/18 Lane : 1 Athlete: VAN CAUWENBERGE LIO — **Q-time: 01:32:51**

PB (25m pool): 01:32.51 Meulebeke 06/04/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:32.51	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:3, starttime: 14:35

Heat: 3/18 Lane : 6 Athlete: DERUYTER BOIE JULIA MARITH — **Q-time: 01:31:23**

PB (25m pool): 01:31.23 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:31.23 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:31.23	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:4, starttime: 14:35

Heat: 4/18 Lane : 6 Athlete: NAESSENS MYRTHE — **Q-time: 01:29:45**

PB (25m pool): 01:29.45 Meulebeke 06/04/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:29.45	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:10, starttime: 14:45

Heat: 10/18 Lane : 3 Athlete: SEGAERT HANNE — **Q-time: 01:21:49**

PB (25m pool): 01:21.49 Zwevegem 31/05/2026 **PB (50m pool):** no time **SB:** 01:22.31 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.63		01:21.49	
	00:37.63		*00:43.86*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:11, starttime: 14:50

Heat: 11/18 Lane : 3 Athlete: DEKEYSER NORAH — **Q-time: 01:20:81**

PB (25m pool): 01:20.81 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:20.81 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:20.81	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/13 Lane : 4 Athlete: VANDEVIJVERE LORE — **Q-time: 00:41:80**

PB (25m pool): 00:41.80 Brugge 04/10/2026 **PB (50m pool):** 00:42.94 **SB:** 00:41.80 Brugge 04/10/2026

	25 M	50 M	
PB		00:41.80	
	00:41.80		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:12, starttime: 15:20

Heat: 12/13 Lane : 8 Athlete: DE CLOEDT DELGADO LISA — **Q-time: 00:38:78**

PB (25m pool): 00:38.78 Brugge 04/10/2026 **PB (50m pool):** 00:41.72 **SB:** 00:38.78 Brugge 04/10/2026

	25 M	50 M	
PB		00:38.78	
	00:38.78		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:8, starttime: 15:30

Heat: 8/16 Lane : 5 Athlete: VANDOOREN LOU — **Q-time: 00:33:60**

PB (25m pool): 00:33.60 Menen 01/05/2026 **PB (50m pool):** 00:35.04 **SB:** no time

	25 M	50 M	
PB		00:33.60	
	00:33.60		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:12, starttime: 15:35

Heat: 12/16 Lane : 5 Athlete: VANSIELEGHEM JAYDEN — **Q-time: 00:31:03**

PB (25m pool): 00:31.03 Brugge 04/10/2026 — **PB (50m pool):** 00:31.45 **SB:** 00:31.03 Brugge 04/10/2026

	25 M	50 M
PB		00:31.03
		00:31.03
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/13 Lane : 4 Athlete: DEWEERD MARIE-ALIXE — **Q-time: 03:20:14**

PB (25m pool): 03:20.14 Diksmuide 09/03/2025 — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.98		01:38.55		02:30.41		03:20.14
		00:46.98		*00:51.57*		*00:51.86*		*00:49.73*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/13 Lane : 4 Athlete: SEGAERT HANNE — **Q-time: 02:58:58**

PB (25m pool): 02:58.58 Diksmuide 08/02/2026 — **PB (50m pool):** 03:01.79 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.49		01:27.69		02:14.00		02:58.58
		00:42.49		*00:45.20*		*00:46.31*		*00:44.58*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:10, starttime: 16:15

Heat: 10/13 Lane : 6 Athlete: DEKEYSER NORAH — **Q-time: 02:45:23**

PB (25m pool): 02:45.23 Menen 01/05/2026 — **PB (50m pool):** 02:51.51 **SB:** 02:49.13 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.56		01:20.95		no time		02:45.23
		00:38.56		*00:42.39*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:1, starttime: 16:30

Heat: 1/12 Lane : 3 Athlete: GOUDESEUNE EMIEL — **Q-time: 01:44:19**

PB (25m pool): 01:44.19 Menen 01/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.95		01:44.19	
		00:47.95		*00:56.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:2, starttime: 16:35

Heat: 2/12 Lane : 5 Athlete: GOUDESEUNE LEON — **Q-time: 01:30:82**

PB (25m pool): 01:38.58 Diksmuide 28/12/2025 **PB (50m pool):** 01:30.82 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.63		01:38.58	
		00:45.63		*00:52.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:6, starttime: 17:05

Heat: 6/15 Lane : 1 Athlete: VANDEVIJVERE LORE — **Q-time: 01:47:75**

PB (25m pool): 01:47.75 Brugge 04/10/2026 **PB (50m pool):** 01:56.07 **SB:** 01:47.75 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.54		01:47.75	
		00:50.54		*00:57.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/15 Lane : 8 Athlete: DE CLOEDT DELGADO LISA — **Q-time: 01:41:32**

PB (25m pool): 01:41.32 Diksmuide 08/02/2026 **PB (50m pool):** 01:46.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:10.49		01:41.32	
		00:10.49		*01:30.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: