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

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

Coaches: De Ridder Elke HEADCOACH

Coaches: De Letter Gerard

Coaches: Vanderrijst Ananza

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

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

Heat: 5/14 Lane : 3 Athlete: HAECK RUNE **Q-time: 01:33:69**

PB (25m pool): 01:33.69 Dendermonde. 14/11/2026 **PB (50m pool):** 01:48.19 **SB:** 01:33.69 Dendermonde. 14/11/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.64		01:33.69	
		00:44.64		*00:49.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:2, starttime: 14:30

Heat: 2/18 Lane : 4 Athlete: WINDHEY FIEN **Q-time: 01:34:29**

PB (25m pool): 01:34.29 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.29	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/18 Lane : 8 Athlete: VANDERSCHAEGHE ELLA **Q-time: 01:27:15**

PB (25m pool): 01:27.15 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** 01:28.09 Durmehal 27/09/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.15	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 11/18 Lane : 7 Athlete: COWIE LORE — **Q-time: 01:20:92**

PB (25m pool): 01:20.92 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:20.92	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:14, starttime: 14:55

Heat: 14/18 Lane : 8 Athlete: COLPAERT JULIE — **Q-time: 01:18:86**

PB (25m pool): 01:18.86 Lokeren 28/09/2025 **PB (50m pool):** no time **SB:** 01:20.29 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.61		01:18.86	
		00:37.61		*00:41.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:17, starttime: 15:00

Heat: 17/18 Lane : 3 Athlete: TAELMAN YADE — **Q-time: 01:15:70**

PB (25m pool): 01:15.70 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** 01:17.76 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:15.70	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:2, starttime: 15:05

Heat: 2/13 Lane : 7 Athlete: COLPAERT LEONIE — **Q-time: 00:50:88**

PB (25m pool): 00:50.88 EEKLO 04/10/2026 **PB (50m pool):** 00:54.55 **SB:** 00:50.88 EEKLO 04/10/2026

	25 M	50 M	
PB		00:50.88	
		00:50.88	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:10

Heat: 5/13 Lane : 2 Athlete: MARTENS ESTEé — **Q-time: 00:43:90**

PB (25m pool): 00:43.90 EEKLO 04/10/2026 **PB (50m pool):** 00:46.73 **SB:** 00:43.90 EEKLO 04/10/2026

	25 M	50 M	
PB		00:43.90	
	00:43.90		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/16 Lane : 8 Athlete: HAECK RUNE — **Q-time: 00:36:89**

PB (25m pool): 00:41.94 Dendermonde. 22/11/2025 **PB (50m pool):** 00:42.56 **SB:** no time

	25 M	50 M	
PB		00:41.94	
	00:41.94		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:3, starttime: 15:50

Heat: 3/13 Lane : 3 Athlete: WINDHEY FIEN — **Q-time: 03:11:11**

PB (25m pool): 03:11.11 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:18.30 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.81		01:33.90		no time		03:11.11
	00:45.81		*00:48.09*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 15:50

Heat: 4/13 Lane : 8 Athlete: VANDERSCHAEGHE ELLA — **Q-time: 03:09:81**

PB (25m pool): 03:09.81 Zottegem 01/03/2026 **PB (50m pool):** 03:21.58 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.75		01:34.03		no time		03:09.81
	00:44.75		*00:49.28*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 7/13 Lane : 1 Athlete: COWIE LORE — **Q-time: 02:57:34**

PB (25m pool): 02:57.34 Lokeren 05/04/2025 **PB (50m pool):** 03:05.29 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.58		01:28.80		02:14.14		02:57.34
		00:43.58		*00:45.22*		*00:45.34*		*00:43.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:8, starttime: 16:10

Heat: 8/13 Lane : 8 Athlete: COLPAERT JULIE — **Q-time: 02:53:84**

PB (25m pool): 02:53.84 Sinbad 29/12/2024 **PB (50m pool):** 02:55.79 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.26		01:26.60		no time		02:53.84
		00:42.26		*00:44.34*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:12, starttime: 16:25

Heat: 12/13 Lane : 8 Athlete: TAELMAN YADE — **Q-time: 02:42:44**

PB (25m pool): 02:42.44 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 02:47.78 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.11		01:20.60		02:02.66		02:42.44
		00:39.11		*00:41.49*		*00:42.06*		*00:39.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:9, starttime: 16:45

Heat: 9/12 Lane : 7 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 01:17:78**

PB (25m pool): 01:17.78 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:21.44 **SB:** 01:17.78 DENDERMONDE 14/11/2026

	25M	50M	75M	100M	
PB		00:37.40		01:17.78	
		00:37.40		*00:40.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/15 Lane : 5 Athlete: COLPAERT LEONIE — **Q-time: 01:57:74**

PB (25m pool): 01:57.74 EEKLO 04/10/2026 — **PB (50m pool):** 02:08.66 **SB:** 01:57.74 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:56.26		01:57.74	
		00:56.26		*01:01.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:8, starttime: 17:10

Heat: 8/15 Lane : 2 Athlete: MARTENS ESTEé — **Q-time: 01:43:49**

PB (25m pool): 01:45.27 EEKLO 04/10/2026 — **PB (50m pool):** 01:47.51 **SB:** 01:45.27 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.63		01:45.27	
		00:48.63		*00:56.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: