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

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

Coaches: Tieghem Kristof HEADCOACH

Coaches: Lefever Elisa

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:12, starttime: 14:25

Heat: 12/14 Lane : 8 Athlete: DEVRIESE SKY **Q-time: 01:20:20**

PB (25m pool): 01:20.20 Ettelbruck 19/04/2026 **PB (50m pool):** 01:22.22 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.92		01:20.20	
		00:37.92		*00:42.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/13 Lane : 2 Athlete: DEMAREST JAYDA **Q-time: 00:46:03**

PB (25m pool): 00:46.03 Brugge 04/10/2026 **PB (50m pool):** 00:50.86 **SB:** 00:46.03 Brugge 04/10/2026

	25 M	50 M	
PB		00:46.03	
		00:46.03	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 Heat:9, starttime: 15:15

Heat: 9/13 Lane : 7 Athlete: DECAESTECKER OONA **Q-time: 00:40:79**

PB (25m pool): 00:40.79 Brugge 04/10/2026 **PB (50m pool):** 00:42.94 **SB:** 00:40.79 Brugge 04/10/2026

	25 M	50 M	
PB		00:40.79	
		00:40.79	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 8/16 Lane : 8 Athlete: DEVRIESE SKY — **Q-time: 00:33:87**

PB (25m pool): 00:33.87 DIKSMUIDE 30/11/2025 **PB (50m pool):** 00:32.01 **SB:** no time

	25M	50M
PB		00:33.87
	00:33.87	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/13 Lane : 4 Athlete: DECEUNINCK EMMA — **Q-time: 02:53:96**

PB (25m pool): 02:53.96 Ettelbruck 19/04/2026 **PB (50m pool):** 02:57.19 **SB:** 02:59.92 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.13		01:24.57		02:09.14		02:53.96
		00:41.13		*00:43.44*		*00:44.57*		*00:44.82*
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Coach feedback:

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

Heat: 9/13 Lane : 8 Athlete: VANDAMME BRITT — **Q-time: 02:50:29**

PB (25m pool): 02:50.29 Brugge 04/10/2026 **PB (50m pool):** 02:50.40 **SB:** 02:50.29 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.38		01:24.04		02:08.02		02:50.29
		00:41.38		*00:42.66*		*00:43.98*		*00:42.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 11/15 Lane : 2 Athlete: DEMAREST JAYDA — **Q-time: 01:39:04**

PB (25m pool): 01:39.04 Brugge 04/10/2026 **PB (50m pool):** 01:45.56 **SB:** 01:39.04 Brugge 04/10/2026

	25M	50M	75M	100M
PB		00:46.52		01:39.04
		00:46.52		*00:52.52*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 **Heat:12, starttime: 17:20**

Heat: 12/15 Lane : 5 Athlete: DECAESTECKER OONA **Q-time: 01:37:50**

PB (25m pool): 01:37.50 Brugge 04/10/2026 **PB (50m pool):** 01:43.61 **SB:** 01:37.50 Brugge 04/10/2026

	25M	50M	75M	100M	
PB		00:44.67		01:37.50	
		00:44.67		*00:52.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: