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

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

Coaches: Van Den Broeck Dennis

Coaches: Van den Brande Liesbeth

Coaches: Bosmans Fleur

Coaches: Van Den Broeck Michaël

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

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

Heat: 11/14 Lane : 2 Athlete: VAN DEN BROECK TIEBE **Q-time: 01:21:40**

PB (25m pool): 01:21.40 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:23.28 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.44		01:21.40	
		00:38.44		*00:42.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 8 Athlete: VAN DEN BRANDE LUCAS **Q-time: 01:14:45**

PB (25m pool): 01:14.45 Leuven 04/10/2026 PB (50m pool): 01:19.79 **SB:** 01:14.45 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.60		01:14.45	
		00:34.60		*00:39.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/18 Lane : 8 Athlete: DE TOLLENAERE LAURA **Q-time: 01:20:35**

PB (25m pool): 01:20.35 Kapelle-op-den-Bos 11/10/2026 PB (50m pool): no time **SB:** 01:20.35 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:20.35	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:15, starttime: 14:55

Heat: 15/18 Lane : 2 Athlete: DE SITTER KIRA — **Q-time: 01:17:76**

PB (25m pool): 01:17.76 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:17.76 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.02		01:17.76	
		00:37.02		*00:40.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/18 Lane : 6 Athlete: JACOBS LAURIEN — **Q-time: 01:15:79**

PB (25m pool): 01:15.79 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:18.90 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.28		01:15.79	
		00:35.28		*00:40.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:9, starttime: 15:30

Heat: 9/16 Lane : 7 Athlete: VAN DEN BRANDE LUCAS — **Q-time: 00:33:33**

PB (25m pool): 00:33.33 Liedekerke 01/05/2026 **PB (50m pool):** 00:33.73 **SB:** 00:34.63 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:33.33	
		00:33.33	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:11, starttime: 15:30

Heat: 11/16 Lane : 4 Athlete: VAN DEN BROECK TIEBE — **Q-time: 00:31:48**

PB (25m pool): 00:31.48 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:33.24 **SB:** 00:31.48 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:31.48	
		00:31.48	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 12/13 Lane : 7 Athlete: VERSPECHT KAAT **Q-time: 02:42:11**

PB (25m pool): 02:42.11 Leuven 04/10/2026 **PB (50m pool):** 02:47.26 **SB:** 02:42.11 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.06		01:19.61		02:02.20		02:42.11
		00:38.06		*00:41.55*		*00:42.59*		*00:39.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/12 Lane : 3 Athlete: VAN DEN BRANDE JASPER **Q-time: 01:31:20**

PB (25m pool): 01:31.76 Tremelo 18/01/2026 **PB (50m pool):** 01:31.20 **SB:** no time

	25M	50M	75M	100M	
PB		00:43.32		01:31.76	
		00:43.32		*00:48.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: