Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: KST

Coachinfo: Warming up from: 09:00 untill 09:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Dirkx Evi HEADCOACH

Coaches: Stabel Siegfried

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:4, starttime: 10:05

Heat: 4/17 Lane : 4 Athlete: BANCIU ADAM **Q-time: 01:09:47**

PB (25m pool): 01:09.47 Nijlen 18/10/2026 **PB (50m pool):** 01:13.86 **SB:** 01:09.47 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.47		01:09.47	
		00:33.47		*00:36.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:7, starttime: 10:10

Heat: 7/17 Lane : 5 Athlete: STABEL JONATHAN **Q-time: 01:06:41**

PB (25m pool): 01:06.41 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:08.06 **SB:** 01:06.78 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.03		01:06.41	
		00:32.03		*00:34.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ Heat:2, starttime: 12:05

Heat: 2/13 Lane : 5 Athlete: BANCIU ADAM **Q-time: 00:42:40**

PB (25m pool): no time **PB (50m pool):** 00:42.40 **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: KST

Event number: 31: 50M BACKSTROKE MEN 13+ **Heat:4, starttime: 12:05**

Heat: 4/13 Lane : 7 Athlete: STABEL JONATHAN **Q-time: 00:38:74**

PB (25m pool): 00:38.74 Nijlen 18/10/2026 **PB (50m pool):** 00:39.22 **SB:** 00:38.74 Nijlen 18/10/2026

	25 M	50 M	
PB		00:38.74	
		00:38.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback: