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

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

Coaches: Lesceu Philippe HEADCOACH

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:5, starttime: 11:15

Heat: 5/8 Lane : 7 Athlete: LEDEGANCK SANDER — **Q-time: 01:31:67**

PB (25m pool): 01:31.67 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:31.67 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.11		01:31.67	
	00:45.11		*00:46.56*		
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Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:40

Heat: 5/10 Lane : 7 Athlete: VANBELLINGEN VERMEERE LANI — **Q-time: 03:14:72**

PB (25m pool): 03:14.72 Mons 25/10/2026 **PB (50m pool):** 03:34.89 **SB:** 03:14.72 Mons 25/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:48.94		01:35.64		02:32.17		03:14.72
	00:48.94		*00:46.70*		*00:56.53*		*00:42.55*	
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Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:10, starttime: 12:00

Heat: 10/10 Lane : 6 Athlete: VAN DEN TROOST AMY — **Q-time: 02:58:40**

PB (25m pool): 02:58.40 Tervuren 30/05/2026 **PB (50m pool):** 03:09.78 **SB:** 03:04.71 Mons 25/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.54		01:25.44		02:19.38		02:58.40
	00:39.54		*00:45.90*		*00:53.94*		*00:39.02*	
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Coach feedback: