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

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

Coaches: MOERMAN Helena

Coaches: DE SAEDELEER Jodie HEADCOACH

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 : 1 Athlete: RIGOLE MAURO **Q-time: 01:10:41**

PB (25m pool): 01:10.41 Brugge 04/10/2026 **PB (50m pool):** 01:11.12 **SB:** 01:10.41 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.45		01:10.41	
		00:33.45		*00:36.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:5, starttime: 10:05

Heat: 5/17 Lane : 2 Athlete: TANGHE BATIS **Q-time: 01:08:99**

PB (25m pool): 01:08.99 Brugge 04/10/2026 **PB (50m pool):** 01:11.26 **SB:** 01:08.99 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.36		01:08.99	
		00:32.36		*00:36.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:9, starttime: 10:15

Heat: 9/17 Lane : 1 Athlete: DERVAUX ARNOUT **Q-time: 01:05:11**

PB (25m pool): 01:05.11 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:05.88 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.58		01:05.11	
		00:31.58		*00:33.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:3, starttime: 10:35

Heat: 3/10 Lane : 5 Athlete: VERPLANCKE MARA — **Q-time: 03:01:93**

PB (25m pool): 03:01.93 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 03:05.71 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.76		01:23.37		02:20.22		03:01.93
		00:37.76		*00:45.61*		*00:56.85*		*00:41.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:3, starttime: 11:10

Heat: 3/8 Lane : 4 Athlete: VERPLANCKE BALDER — **Q-time: 01:36:56**

PB (25m pool): 01:37.08 Brugge 04/10/2026 **PB (50m pool):** 01:36.56 **SB:** 01:37.08 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.80		01:37.08	
		00:47.80		*00:49.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:4, starttime: 11:10

Heat: 4/8 Lane : 3 Athlete: POOT RUBE — **Q-time: 01:33:45**

PB (25m pool): 01:33.45 LEUVEN 21/12/2025 **PB (50m pool):** 01:33.79 **SB:** 01:38.65 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.41		01:33.45	
		00:45.41		*00:48.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:2, starttime: 11:30

Heat: 2/10 Lane : 3 Athlete: TANGHE MARIT — **Q-time: 03:24:86**

PB (25m pool): 03:24.86 Brugge 04/10/2026 **PB (50m pool):** 03:43.05 **SB:** 03:24.86 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.31		01:35.76		02:36.16		03:24.86
		00:45.31		*00:50.45*		*01:00.40*		*00:48.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:3, starttime: 11:30

Heat: 3/10 Lane : 1 Athlete: DUBOIS ERIN — **Q-time: 03:22:66**

PB (25m pool): 03:31.25 LEUVEN 21/12/2025 **PB (50m pool):** 03:22.66 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:50.05		01:41.86		02:41.27		03:31.25
	00:50.05		*00:51.81*		*00:59.41*		*00:49.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:9, starttime: 11:55

Heat: 9/10 Lane : 1 Athlete: DERVAUX ELLA — **Q-time: 03:02:23**

PB (25m pool): 03:21.66 DIKSMUIDE 30/11/2025 **PB (50m pool):** 03:02.23 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:48.59		01:41.02		02:35.69		03:21.66
	00:48.59		*00:52.43*		*00:54.67*		*00:45.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: