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

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

Coaches: Mabbe Andy

Coaches: Vandeputte Pieter HEADCOACH

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Planckaert Pieter

Coaches: Rigole Luna

Coaches: Spincemaille Laura

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:1, starttime: 10:00

Heat: 1/17 Lane : 5 Athlete: VANDEPUTTE RUBE **Q-time: 01:20:18**

PB (25m pool): 01:20.18 Brugge 04/10/2026 **PB (50m pool):** 01:29.05 **SB:** 01:20.18 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.35		01:20.18	
		00:37.35		*00:42.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:6, starttime: 10:10

Heat: 6/17 Lane : 7 Athlete: DE BAERE ARNAUD **Q-time: 01:07:64**

PB (25m pool): 01:07.64 Ettelbruck 19/04/2026 **PB (50m pool):** 01:09.69 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.04		01:07.64	
		00:32.04		*00:35.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/17 Lane : 5 Athlete: MOENENS MATTEO **Q-time: 01:04:54**

PB (25m pool): 01:04.54 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:05.33 **SB:** 01:05.03 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.36		01:04.54	
		00:31.36		*00:33.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:13, starttime: 10:20

Heat: 13/17 Lane : 2 Athlete: HEYLIGEN LUTZ — **Q-time: 00:59:93**

PB (25m pool): 00:59.93 Ettelbruck 19/04/2026 **PB (50m pool):** 01:00.28 **SB:** 01:00.08 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.48		00:59.93	
		00:28.48		*00:31.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:15, starttime: 10:25

Heat: 15/17 Lane : 6 Athlete: MEERT TOMAS — **Q-time: 00:58:73**

PB (25m pool): 00:58.73 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:01.03 **SB:** 01:01.70 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.98		00:58.73	
		00:27.98		*00:30.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 11:05

Heat: 2/8 Lane : 3 Athlete: VANDENBROUCKE BAS — **Q-time: 01:43:02**

PB (25m pool): 01:43.02 Brugge 04/10/2026 **PB (50m pool):** no time **SB:** 01:43.02 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.62		01:43.02	
		00:50.62		*00:52.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 11:05

Heat: 2/8 Lane : 4 Athlete: BONTE EMIEL — **Q-time: 01:41:86**

PB (25m pool): 01:41.86 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:52.04 **SB:** 01:44.64 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.45		01:41.86	
		00:48.45		*00:53.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 11:05

Heat: 2/8 Lane : 8 Athlete: HONOREZ HENRI — **Q-time: 01:46:38**

PB (25m pool): 01:46.38 LAGO Zwevegem 25/05/2026 — **PB (50m pool):** 01:49.26 **SB:** 01:46.93 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.15		01:46.38	
		00:52.15		*00:54.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/8 Lane : 6 Athlete: VANDENDRIESSCHE MIRO — **Q-time: 01:37:83**

PB (25m pool): 01:37.83 Brugge 04/10/2026 — **PB (50m pool):** 01:43.27 **SB:** 01:37.83 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.73		01:37.83	
		00:48.73		*00:49.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:6, starttime: 11:15

Heat: 6/8 Lane : 4 Athlete: BOHIJN NAUD — **Q-time: 01:26:78**

PB (25m pool): 01:26.78 Zwevegem 31/05/2026 — **PB (50m pool):** 01:28.84 **SB:** 01:27.32 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.92		01:26.78	
		00:42.92		*00:43.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:8, starttime: 11:20

Heat: 8/8 Lane : 7 Athlete: WINDELS JACK — **Q-time: 01:24:02**

PB (25m pool): 01:24.02 Brugge 04/10/2026 — **PB (50m pool):** 01:26.00 **SB:** 01:24.02 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.50		01:24.02	
		00:40.50		*00:43.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:8, starttime: 11:20

Heat: 8/8 Lane : 8 Athlete: SANDRA TUUR — **Q-time: 01:25:32**

PB (25m pool): 01:25.32 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:26.54 **SB:** 01:25.64 Brugge 04/10/2026

	25M	50M	75M	100M	
PB		00:41.85		01:25.32	
		00:41.85		*00:43.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:45

Heat: 6/10 Lane : 1 Athlete: VANDENBULCKE FELI — **Q-time: 03:10:02**

PB (25m pool): 03:10.02 Brugge 04/10/2026 **PB (50m pool):** 03:13.58 **SB:** 03:10.02 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.61		01:31.21		02:27.37		03:10.02
		00:42.61		*00:48.60*		*00:56.16*		*00:42.65*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:45

Heat: 6/10 Lane : 5 Athlete: BREDA MAUD — **Q-time: 03:08:96**

PB (25m pool): 03:08.96 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 03:18.41 **SB:** 03:26.90 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.37		01:32.84		02:27.51		03:08.96
		00:44.37		*00:48.47*		*00:54.67*		*00:41.45*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:3, starttime: 12:05

Heat: 3/13 Lane : 8 Athlete: VANDEPUTTE RUBE — **Q-time: 00:41:84**

PB (25m pool): 00:41.84 Brugge 04/10/2026 **PB (50m pool):** no time **SB:** 00:41.84 Brugge 04/10/2026

	25M	50M	
PB		00:41.84	
		00:41.84	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/13 Lane : 4 Athlete: MOENENS MATTEO **Q-time: 00:38:05**

PB (25m pool): 00:38.34 Diksmuide 12/10/2025 **PB (50m pool):** 00:38.05 **SB:** no time

	2 5 M	5 0 M	
PB		00:38.34	
		00:38.34	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/13 Lane : 5 Athlete: DE BAERE ARNAUD **Q-time: 00:38:18**

PB (25m pool): 00:38.18 Nijlen 16/11/2025 **PB (50m pool):** 00:38.37 **SB:** no time

	2 5 M	5 0 M	
PB		00:38.18	
		00:38.18	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ **Heat:11, starttime: 12:20**

Heat: 11/13 Lane : 4 Athlete: MEERT TOMAS **Q-time: 00:31:87**

PB (25m pool): 00:31.87 Brugge 04/10/2026 **PB (50m pool):** 00:34.06 **SB:** 00:31.87 Brugge 04/10/2026

	2 5 M	5 0 M	
PB		00:31.87	
		00:31.87	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ **Heat:11, starttime: 12:20**

Heat: 11/13 Lane : 6 Athlete: HEYLIGEN LUTZ **Q-time: 00:32:37**

PB (25m pool): 00:32.37 Brugge 04/10/2026 **PB (50m pool):** 00:33.27 **SB:** 00:32.37 Brugge 04/10/2026

	2 5 M	5 0 M	
PB		00:32.37	
		00:32.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback: