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

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

Coaches: Tieghem Kristof HEADCOACH

Coaches: Lefever Elisa

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:2, starttime: 10:00

Heat: 2/17 Lane : 1 Athlete: THYVELEN RUNE **Q-time: 01:14:60**

PB (25m pool): 01:14.60 Ettelbruck 19/04/2026 **PB (50m pool):** 01:15.99 **SB:** 01:14.67 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.80		01:14.60	
		00:34.80		*00:39.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/17 Lane : 5 Athlete: DEVRIESE SKY **Q-time: 00:58:66**

PB (25m pool): 00:58.66 Ettelbruck 19/04/2026 **PB (50m pool):** 00:59.58 **SB:** 01:00.27 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.25		00:58.66	
		00:28.25		*00:30.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/10 Lane : 6 Athlete: DECEUNINCK EMMA **Q-time: 03:02:32**

PB (25m pool): 02:57.22 Meulebeke 24/10/2026 **PB (50m pool):** 03:02.32 **SB:** 02:57.22 Meulebeke 24/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.51		no time		no time		02:57.22
		00:38.51						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:4, starttime: 10:40

Heat: 4/10 Lane : 1 Athlete: VANDAMME BRITT — **Q-time: 03:00:76**

PB (25m pool): 03:00.76 DIKSMUIDE 30/11/2025 **PB (50m pool):** 02:57.88 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:40.13		01:23.98		02:19.35		03:00.76
		00:40.13		*00:43.85*		*00:55.37*		*00:41.41*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:4, starttime: 11:35

Heat: 4/10 Lane : 4 Athlete: DEMAREST JAYDA — **Q-time: 03:15:48**

PB (25m pool): 03:15.48 Brugge 04/10/2026 **PB (50m pool):** 03:21.85 **SB:** 03:15.48 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:47.34		01:35.61		02:30.40		03:15.48
		00:47.34		*00:48.27*		*00:54.79*		*00:45.08*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:45

Heat: 7/10 Lane : 7 Athlete: DECAESTECKER OONA — **Q-time: 03:07:38**

PB (25m pool): 03:07.38 Brugge 04/10/2026 **PB (50m pool):** 03:10.66 **SB:** 03:07.38 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.19		01:30.55		02:24.67		03:07.38
		00:43.19		*00:47.36*		*00:54.12*		*00:42.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:7, starttime: 12:10

Heat: 7/13 Lane : 7 Athlete: THYVELEN RUNE — **Q-time: 00:36:30**

PB (25m pool): 00:36.30 Brugge 04/10/2026 **PB (50m pool):** 00:36.78 **SB:** 00:36.30 Brugge 04/10/2026

	25M	50M	
PB		00:36.30	
		00:36.30	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 11/13 Lane : 7 Athlete: DEVRIESE SKY **Q-time: 00:32:57**

PB (25m pool): 00:32.57 Ettelbruck 19/04/2026 **PB (50m pool):** 00:33.82 **SB:** 00:33.17 Brugge 04/10/2026

	25M	50M	
PB		00:32.57	
		00:32.57	
	. . : . . : . .	. . : . . : . .	

Coach feedback: