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

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

Coaches: Van Den Broeck Dennis

Coaches: Van den Brande Liesbeth

Coaches: Bosmans Fleur

Coaches: Van Den Broeck Michaël

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

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

Heat: 3/10 Lane : 1 Athlete: DE TOLLENAERE LAURA **Q-time: 03:08:78**

PB (25m pool): 03:08.78 Bastogne 05/04/2026 **PB (50m pool):** 03:13.93 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.22		01:32.25		02:24.88		03:08.78
		00:43.22		*00:49.03*		*00:52.63*		*00:43.90*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:9, starttime: 10:55

Heat: 9/10 Lane : 4 Athlete: JACOBS LAURIEN **Q-time: 02:42:66**

PB (25m pool): 02:42.66 Gent 23/02/2025 **PB (50m pool):** 02:52.50 **SB:** 02:48.02 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.91		01:17.95		02:03.95		02:42.66
		00:34.91		*00:43.04*		*00:46.00*		*00:38.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:9, starttime: 10:55

Heat: 9/10 Lane : 8 Athlete: VERSPECHT KAAT **Q-time: 02:47:20**

PB (25m pool): 02:47.20 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** 02:52.30 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:47.20
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/8 Lane : 5 Athlete: VAN DEN BRANDE JASPER — **Q-time: 01:42:44**

PB (25m pool): 01:42.44 Bastogne 05/04/2026 — **PB (50m pool):** no time **SB:** 01:46.18 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:48.88		01:42.44	
	00:48.88		*00:53.56*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:8, starttime: 12:15

Heat: 8/13 Lane : 6 Athlete: VAN DEN BRANDE LUCAS — **Q-time: 00:35:30**

PB (25m pool): 00:35.30 Bastogne 05/04/2026 — **PB (50m pool):** 00:35.95 **SB:** 00:35.70 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:35.30	
	00:35.30		
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Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:8, starttime: 12:15

Heat: 8/13 Lane : 8 Athlete: VAN DEN BROECK TIEBE — **Q-time: 00:35:77**

PB (25m pool): 00:35.77 Zwembad De Wauwer 13/09/2026 — **PB (50m pool):** 00:37.50 **SB:** 00:35.77 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:35.77	
	00:35.77		
	. . : . . : . .	. . : . . : . .	

Coach feedback: