Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Caerts Joke HEADCOACH

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:4, starttime: 14:05

Heat: 4/14 Lane : 6 Athlete: KERCKHOFS WOUKE **Q-time: 01:14:93**

PB (25m pool): 01:11.95 Aarschot 11/11/2026 **PB (50m pool):** 01:14.93 **SB:** 01:11.95 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.18		01:11.95	
		00:35.18		*00:36.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:13, starttime: 14:20

Heat: 13/14 Lane : 2 Athlete: KERCKHOFS NIENKE **Q-time: 01:05:33**

PB (25m pool): 01:05.33 Leuven 04/10/2026 **PB (50m pool):** 01:06.61 **SB:** 01:05.33 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.77		01:05.33	
		00:31.77		*00:33.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 Heat:5, starttime: 15:10

Heat: 5/11 Lane : 5 Athlete: BERTOLAZZI MONA **Q-time: 01:30:94**

PB (25m pool): 01:28.28 LEUVEN 15/11/2026 **PB (50m pool):** 01:33.46 **SB:** 01:28.28 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:43.54		01:28.28	
		00:43.54		*00:44.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: BEST

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:8, starttime: 15:15

Heat: 8/11 Lane : 4 Athlete: VANMECHELEN KATO — **Q-time: 01:26:01**

PB (25m pool): 01:25.15 LEUVEN 15/11/2026 **PB (50m pool):** 01:32.86 **SB:** 01:25.15 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:41.65		01:25.15	
	00:41.65		*00:43.50*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:10, starttime: 15:20

Heat: 10/11 Lane : 5 Athlete: SMEETS LOU — **Q-time: 01:23:89**

PB (25m pool): 01:23.89 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:26.20 **SB:** 01:23.89 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.86		01:23.89	
	00:41.86		*00:42.03*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:3, starttime: 15:55

Heat: 3/9 Lane : 7 Athlete: KERCKHOFS WOUKE — **Q-time: 00:40:99**

PB (25m pool): 00:41.23 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:40.99 **SB:** no time

	25 M	50 M	
PB		00:41.23	
	00:41.23		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:9, starttime: 16:05

Heat: 9/9 Lane : 7 Athlete: KERCKHOFS NIENKE — **Q-time: 00:34:11**

PB (25m pool): 00:34.11 Leuven 04/10/2026 **PB (50m pool):** 00:35.36 **SB:** 00:34.11 Leuven 04/10/2026

	25 M	50 M	
PB		00:34.11	
	00:34.11		
	. . : . . : . .	. . : . . : . .	

Coach feedback: