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

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

Coaches: Banckaert Yinthe

Coaches: Debouck Emiel

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:5, starttime: 14:05

Heat: 5/14 Lane : 1 Athlete: DECOUTTERE EMMA **Q-time: 01:13:50**

PB (25m pool): 01:13.50 Brugge 04/10/2026 **PB (50m pool):** 01:15.80 **SB:** 01:13.50 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.72		01:13.50	
		00:35.72		*00:37.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ Heat:2, starttime: 14:30

Heat: 2/10 Lane : 7 Athlete: VANBRABANT ESBEN **Q-time: 03:02:53**

PB (25m pool): 03:02.53 Brugge 04/10/2026 **PB (50m pool):** 03:10.66 **SB:** 03:02.53 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.89		01:29.37		02:21.82		03:02.53
		00:44.89		*00:44.48*		*00:52.45*		*00:40.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 Heat:2, starttime: 15:30

Heat: 2/7 Lane : 3 Athlete: CARDINAEL MILAN **Q-time: 03:31:72**

PB (25m pool): 03:31.72 Brugge 04/10/2026 **PB (50m pool):** 03:47.13 **SB:** 03:31.72 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:53.28		01:46.65		02:41.55		03:31.72
		00:53.28		*00:53.37*		*00:54.90*		*00:50.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 36: 50M BACKSTROKE WOMEN 13+ **Heat:4, starttime: 16:00**

Heat: 4/9 Lane : 5 Athlete: DECOUTTERE EMMA **Q-time: 00:38:66**

PB (25m pool): 00:38.66 Brugge 04/10/2026 **PB (50m pool):** 00:40.15 **SB:** 00:38.66 Brugge 04/10/2026

	25 M	50 M	
PB		00:38.66	
		00:38.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback: