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

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

Coaches: Lammens Xander HEADCOACH

Coaches: Jacobs Ella

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

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

Heat: 13/14 Lane : 7 Athlete: JACOBS EVA **Q-time: 01:05:40**

PB (25m pool): 01:05.40 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:07.15 **SB:** 01:05.40 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.18		01:05.40	
	00:31.18		*00:34.22*		
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Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:8, starttime: 16:05

Heat: 8/9 Lane : 7 Athlete: JACOBS EVA **Q-time: 00:35:07**

PB (25m pool): 00:32.23 Temse 23/12/2023 **PB (50m pool):** 00:36.01 **SB:** no time

	25 M	50 M	
PB		00:32.23	
	00:32.23		
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Coach feedback: