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

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

Coaches: MOERMAN Helena

Coaches: DE SAEDELEER Jodie 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 : 8 Athlete: VERPLANCKE MARA **Q-time: 01:16:08**

PB (25m pool): 01:16.08 Nijlen 16/11/2025 **PB (50m pool):** 01:15.31 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.78		01:16.08	
	00:36.78		*00:39.30*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ Heat:1, starttime: 14:25

Heat: 1/10 Lane : 4 Athlete: TANGHE BATIS **Q-time: 03:05:66**

PB (25m pool): 03:05.66 DIKSMUIDE 30/11/2025 **PB (50m pool):** 03:09.37 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.75		01:24.93		02:25.12		03:05.66
	00:41.75		*00:43.18*		*01:00.19*		*00:40.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/10 Lane : 2 Athlete: DERVAUX ARNOUT **Q-time: 03:02:50**

PB (25m pool): 03:08.57 Menen 01/05/2025 **PB (50m pool):** 03:02.50 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.05		no time		no time		03:08.57
	00:43.05							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 33: 200M MEDLEY MEN 13+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 8 Athlete: RIGOLE MAURO — **Q-time: 02:52:56**

PB (25m pool): 02:54.38 LEUVEN 21/12/2025 **PB (50m pool):** 02:52.56 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.28		01:22.52		02:15.37		02:54.38
		00:39.28		*00:43.24*		*00:52.85*		*00:39.01*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/11 Lane : 2 Athlete: TANGHE MARIT — **Q-time: 01:35:80**

PB (25m pool): 01:35.80 Brugge 04/10/2026 **PB (50m pool):** 01:36.13 **SB:** 01:35.80 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.13		01:35.80	
		00:46.13		*00:49.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/11 Lane : 4 Athlete: DUBOIS ERIN — **Q-time: 01:35:17**

PB (25m pool): 01:36.52 LEUVEN 21/12/2025 **PB (50m pool):** 01:35.17 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.58		01:36.52	
		00:46.58		*00:49.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:5, starttime: 15:40

Heat: 5/7 Lane : 3 Athlete: VERPLANCKE BALDER — **Q-time: 03:12:18**

PB (25m pool): 03:15.39 Brugge 04/10/2026 **PB (50m pool):** 03:12.18 **SB:** 03:15.39 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.78		01:38.29		02:33.34		03:15.39
		00:47.78		*00:50.51*		*00:55.05*		*00:42.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:5, starttime: 15:40

Heat: 5/7 Lane : 6 Athlete: POOT RUBE — **Q-time: 03:12:44**

PB (25m pool): 03:12.64 Menen 01/05/2025 **PB (50m pool):** 03:12.44 **SB:** 03:18.59 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.83		no time		no time		03:12.64
		00:44.83						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/9 Lane : 1 Athlete: VERPLANCKE MARA — **Q-time: 00:41:25**

PB (25m pool): 00:41.25 Nijlen 16/11/2025 **PB (50m pool):** 00:41.69 **SB:** no time

	25M	50M	
PB		00:41.25	
		00:41.25	
	. . : . . : . .	. . : . . : . .	

Coach feedback: