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

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

Coaches: Tieghem Kristof HEADCOACH

Coaches: Lefever Elisa

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

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:10, starttime: 14:15

Heat: 10/14 Lane : 6 Athlete: VANDAMME BRITT — **Q-time: 01:07:73**

PB (25m pool): 01:07.73 Zwevegem 31/05/2026 **PB (50m pool):** 01:09.15 **SB:** 01:08.57 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.84		01:07.73	
		00:33.84		*00:33.89*	
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Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:11, starttime: 14:15

Heat: 11/14 Lane : 7 Athlete: DECEUNINCK EMMA — **Q-time: 01:06:94**

PB (25m pool): 01:06.94 Brugge 04/10/2026 **PB (50m pool):** 01:08.16 **SB:** 01:06.94 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.04		01:06.94	
		00:32.04		*00:34.90*	
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Coach feedback:

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

Heat: 2/10 Lane : 1 Athlete: THYVELEN RUNE — **Q-time: 03:03:65**

PB (25m pool): 03:03.65 DIKSMUIDE 30/11/2025 **PB (50m pool):** 03:01.57 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.88		01:30.58		02:24.45		03:03.65
		00:46.88		*00:43.70*		*00:53.87*		*00:39.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:6, starttime: 15:10

Heat: 6/11 Lane : 5 Athlete: DEMAREST JAYDA — **Q-time: 01:29:43**

PB (25m pool): 01:29.43 Brugge 04/10/2026 — **PB (50m pool):** 01:33.28 **SB:** 01:29.43 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.47		01:29.43	
		00:43.47		*00:45.96*	
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Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:9, starttime: 15:20

Heat: 9/11 Lane : 4 Athlete: DECAESTECKER OONA — **Q-time: 01:25:25**

PB (25m pool): 01:25.25 Diksmuide 28/12/2025 — **PB (50m pool):** 01:27.82 **SB:** 01:26.96 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.22		01:25.25	
		00:42.22		*00:43.03*	
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Coach feedback:

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

Heat: 4/9 Lane : 3 Athlete: DECEUNINCK EMMA — **Q-time: 00:38:76**

PB (25m pool): 00:38.76 Ettelbruck 19/04/2026 — **PB (50m pool):** 00:37.60 **SB:** no time

	25 M	50 M	
PB		00:38.76	
		00:38.76	
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Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/9 Lane : 6 Athlete: VANDAMME BRITT — **Q-time: 00:36:74**

PB (25m pool): 00:36.74 Ettelbruck 19/04/2026 — **PB (50m pool):** 00:37.02 **SB:** no time

	25 M	50 M	
PB		00:36.74	
		00:36.74	
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Coach feedback: