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

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

Coaches: Van Den Broeck Dennis

Coaches: Van den Brande Liesbeth

Coaches: Bosmans Fleur

Coaches: Van Den Broeck Michaël

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:7, starttime: 14:10

Heat: 7/14 Lane : 2 Athlete: DE TOLLENAERE LAURA **Q-time: 01:10:28**

PB (25m pool): 01:13.60 Temse 21/12/2025 **PB (50m pool):** 01:10.28 **SB:** no time

	25M	50M	75M	100M	
PB		00:36.42		01:13.60	
		00:36.42		*00:37.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:8, starttime: 14:15

Heat: 8/14 Lane : 4 Athlete: DE SITTER KIRA **Q-time: 01:08:56**

PB (25m pool): 01:08.56 Tervuren 30/05/2026 **PB (50m pool):** 01:10.18 **SB:** 01:09.71 Gemeentelijk zwembad Heuvelkou 1

	25M	50M	75M	100M	
PB		00:32.61		01:08.56	
		00:32.61		*00:35.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ Heat:8, starttime: 14:50

Heat: 8/10 Lane : 4 Athlete: VAN DEN BROECK TIEBE **Q-time: 02:32:67**

PB (25m pool): 02:32.67 Leuven 04/10/2026 **PB (50m pool):** 02:47.35 **SB:** 02:32.67 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.88		01:13.48		01:57.47		02:32.67
		00:32.88		*00:40.60*		*00:43.99*		*00:35.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/9 Lane : 7 Athlete: DE TOLLENAERE LAURA **Q-time: 00:38:98**

PB (25m pool): 00:38.98 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:39.62 **SB:** 00:38.98 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:38.98	
		00:38.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:5, starttime: 16:00

Heat: 5/9 Lane : 4 Athlete: DE SITTER KIRA **Q-time: 00:37:31**

PB (25m pool): 00:37.31 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:41.63 **SB:** 00:37.31 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:37.31	
		00:37.31	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/9 Lane : 3 Athlete: JACOBS LAURIEN **Q-time: 00:36:71**

PB (25m pool): 00:36.71 Bastogne 06/04/2025 **PB (50m pool):** 00:38.27 **SB:** no time

	25 M	50 M	
PB		00:36.71	
		00:36.71	
	. . : . . : . .	. . : . . : . .	

Coach feedback: