Herfstcriterium 2026: Session: 1: COACH evaluation sheet for TEAM: DMB

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

Coaches: Melders Peter

Coaches: Geerits Valerie HEADCOACH

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

Event number: 1: 200M FREESTYLE MEN 13+ Heat:3, starttime: 14:05

Heat: 3/6 Lane : 7 Athlete: BEIJNSBERGER MATHIJS **Q-time: 02:22:92**

PB (25m pool): 02:22.92 Hasselt 04/10/2026 **PB (50m pool):** 02:34.69 **SB:** 02:22.92 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.19		01:07.68		01:45.68		02:22.92
		00:31.19		*00:36.49*		*00:38.00*		*00:37.24*
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Coach feedback:

Event number: 2: 200M BREASTSTROKE WOMEN 13+ Heat:1, starttime: 14:20

Heat: 1/3 Lane : 4 Athlete: FRANSSEN EMILY **Q-time: 03:14:49**

PB (25m pool): 03:14.49 3500 Hasselt 18/10/2026 **PB (50m pool):** 03:22.17 **SB:** 03:14.49 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.04		01:34.29		02:25.13		03:14.49
		00:44.04		*00:50.25*		*00:50.84*		*00:49.36*
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Coach feedback:

Event number: 2: 200M BREASTSTROKE WOMEN 13+ Heat:3, starttime: 14:25

Heat: 3/3 Lane : 4 Athlete: LAMBRIGTS GITTE **Q-time: 02:50:27**

PB (25m pool): 02:50.27 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:56.11 **SB:** 02:50.27 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.14		01:21.28		02:05.45		02:50.27
		00:38.14		*00:43.14*		*00:44.17*		*00:44.82*
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Coach feedback:

Herfstcriterium 2026: Session: 1: COACH evaluation sheet for TEAM: DMB

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:3, starttime: 14:40

Heat: 3/6 Lane : 3 Athlete: LUDWICZAK LENA — **Q-time: 00:31:67**

PB (25m pool): 00:31.67 Bree 21/12/2025 **PB (50m pool):** 00:32.52 **SB:** no time

	25 M	50 M	
PB		00:31.67	
	00:31.67		
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Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:4, starttime: 14:40

Heat: 4/6 Lane : 5 Athlete: VANGELOVEN FRAN — **Q-time: 00:30:61**

PB (25m pool): 00:30.64 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:30.61 **SB:** no time

	25 M	50 M	
PB		00:30.64	
	00:30.64		
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Coach feedback: