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

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

Coaches: Meersschaut Evelyn

Coaches: Huberty Maren

Coaches: Wielandt Pieter

Coaches: Mathys Jana

Coaches: De Noble Naomi

Coaches: De Backer Bart

Coaches: Debrouwere Ise HEADCOACH

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

Event number: 1: 200M FREESTYLE MEN 13+ — Heat:2, starttime: 14:05

Heat: 2/6 Lane : 7 Athlete: VAN LOO MATHIAS — **Q-time: 02:30:69**

PB (25m pool): 02:24.81 Dendermonde. 14/11/2026 **PB (50m pool):** 02:30.69 **SB:** 02:24.81 Dendermonde. 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.31		01:08.98		no time		02:24.81
		00:32.31		*00:36.67*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 13+ — Heat:4, starttime: 14:10

Heat: 4/6 Lane : 7 Athlete: NEYRYNCK TIBO — **Q-time: 02:14:71**

PB (25m pool): 02:13.38 DENDERMONDE. 23/11/2024 **PB (50m pool):** 02:15.31 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:30.63		01:05.33		no time		02:13.38
		00:30.63		*00:34.70*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 13+ — Heat:6, starttime: 14:15

Heat: 6/6 Lane : 6 Athlete: VAN RAEMDONCK CAMU — **Q-time: 02:04:73**

PB (25m pool): 02:04.73 EEKLO 04/10/2026 **PB (50m pool):** 02:09.36 **SB:** 02:04.73 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.32		01:01.38		no time		02:04.73
		00:29.32		*00:32.06*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/3 Lane : 1 Athlete: VAN LOO HANNAH — **Q-time: 03:43:72**

PB (25m pool): 03:43.72 Gent 23/02/2025 **PB (50m pool):** 04:04.96 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:51.28		01:48.67		02:46.72		03:43.72
		00:51.28		*00:57.39*		*00:58.05*		*00:57.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 7 Athlete: NGABO ANNABELLE — **Q-time: 03:10:70**

PB (25m pool): 03:19.20 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 03:10.70 **SB:** 03:19.20 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.48		01:35.79		02:28.10		03:19.20
		00:44.48		*00:51.31*		*00:52.31*		*00:51.10*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ — Heat:4, starttime: 14:35

Heat: 4/4 Lane : 5 Athlete: SLOS ROBBIE — **Q-time: 00:33:19**

PB (25m pool): 00:33.19 EEKLO 04/10/2026 **PB (50m pool):** 00:33.75 **SB:** 00:33.19 EEKLO 04/10/2026

	25 M	50 M	
PB		00:33.19	
		00:33.19	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ — Heat:4, starttime: 14:35

Heat: 4/4 Lane : 6 Athlete: DEGRANDE LARS — **Q-time: 00:33:23**

PB (25m pool): 00:33.23 EEKLO 04/10/2026 **PB (50m pool):** 00:34.31 **SB:** 00:33.23 EEKLO 04/10/2026

	25 M	50 M	
PB		00:33.23	
		00:33.23	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 5: 100M BUTTERFLY MEN 13+ — Heat:4, starttime: 14:50

Heat: 4/6 Lane : 4 Athlete: SLOS ROBBIE — **Q-time: 01:09:41**

PB (25m pool): 01:07.94 Sinbad 26/05/2024 **PB (50m pool):** 01:09.41 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:07.94	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 13+ — Heat:5, starttime: 14:50

Heat: 5/6 Lane : 1 Athlete: DEGRANDE LARS — **Q-time: 01:09:10**

PB (25m pool): 01:09.10 Eeklo 06/04/2026 **PB (50m pool):** 01:10.78 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.58		01:09.10	
	00:31.58		*00:37.52*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 13+ — Heat:5, starttime: 14:50

Heat: 5/6 Lane : 5 Athlete: NEYRYNCK TIBO — **Q-time: 01:07:66**

PB (25m pool): 01:07.66 Sinbad 05/10/2025 **PB (50m pool):** 01:11.25 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.57		01:07.66	
	00:36.57		*00:31.09*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 13+ — Heat:6, starttime: 14:50

Heat: 6/6 Lane : 5 Athlete: VAN RAEMDONCK CAMU — **Q-time: 01:03:82**

PB (25m pool): 01:03.82 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:08.09 **SB:** 01:03.82 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.55		01:03.82	
	00:30.55		*00:33.27*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 15:00

Heat: 4/7 Lane : 8 Athlete: NGABO ANNABELLE — **Q-time: 01:21:49**

PB (25m pool): 01:21.49 Temse 31/05/2026 **PB (50m pool):** 01:23.99 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.39		01:21.49	
		00:40.39		*00:41.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 15:05

Heat: 6/7 Lane : 5 Athlete: DEGRANDE AN — **Q-time: 01:14:26**

PB (25m pool): 01:14.26 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:18.06 **SB:** 01:15.37 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.05		01:14.26	
		00:36.05		*00:38.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:7, starttime: 15:10

Heat: 7/7 Lane : 1 Athlete: NEIRINCK ANNELIES — **Q-time: 01:13:85**

PB (25m pool): 01:12.95 Temse 22/12/2024 **PB (50m pool):** 01:17.06 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.84		01:12.95	
		00:35.84		*00:37.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: