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

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 1: 200M FREESTYLE MEN 13+ Heat:1, starttime: 14:00

Heat: 1/6 Lane : 1 Athlete: SPREUWERS LEI **Q-time: 02:51:55**

PB (25m pool): 02:51.55 Pelt 27/09/2026 **PB (50m pool):** 03:06.89 **SB:** 02:51.55 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.11		01:21.03		no time		02:51.55
		00:37.11		*00:43.92*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 5 Athlete: LENAERTS JULIA **Q-time: 03:06:14**

PB (25m pool): 03:06.14 3500 Hasselt 18/10/2026 **PB (50m pool):** 03:09.89 **SB:** 03:06.14 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.89		01:29.55		02:18.44		03:06.14
		00:41.89		*00:47.66*		*00:48.89*		*00:47.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: VANDER MEER AMBER **Q-time: 03:03:78**

PB (25m pool): 03:03.78 3500 Hasselt 18/10/2026 **PB (50m pool):** 03:09.09 **SB:** 03:03.78 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.13		01:27.09		02:15.06		03:03.78
		00:41.13		*00:45.96*		*00:47.97*		*00:48.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/3 Lane : 6 Athlete: THEWISSEN MIRTHE — **Q-time: 02:58:91**

PB (25m pool): 02:58.91 3500 Hasselt 23/11/2025 **PB (50m pool):** 03:04.11 **SB:** 02:59.42 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.96		01:26.66		02:13.04		02:58.91
	00:40.96		*00:45.70*		*00:46.38*		*00:45.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ — Heat:1, starttime: 14:30

Heat: 1/4 Lane : 4 Athlete: SPREUWERS LEI — **Q-time: 00:43:28**

PB (25m pool): 00:43.28 LEUVEN 15/11/2026 **PB (50m pool):** 00:44.86 **SB:** 00:43.28 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:43.28	
	00:43.28		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:2, starttime: 14:35

Heat: 2/6 Lane : 6 Athlete: DESAIR ANNA-LOUISE — **Q-time: 00:33:15**

PB (25m pool): 00:33.15 Hasselt 04/10/2026 **PB (50m pool):** 00:34.68 **SB:** 00:33.15 Hasselt 04/10/2026

	25 M	50 M	
PB		00:33.15	
	00:33.15		
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Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:6, starttime: 14:40

Heat: 6/6 Lane : 3 Athlete: COPERMANS SAM — **Q-time: 00:29:42**

PB (25m pool): 00:29.42 Hasselt 04/05/2025 **PB (50m pool):** 00:29.59 **SB:** 00:29.56 Hasselt 04/10/2026

	25 M	50 M	
PB		00:29.42	
	00:29.42		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/6 Lane : 3 Athlete: HOUSEN ILYA — **Q-time: 01:08:25**

PB (25m pool): 01:08.25 LEUVEN 15/11/2026 — **PB (50m pool):** 01:09.40 **SB:** 01:08.25 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.34		01:08.25	
		00:31.34		*00:36.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 6 Athlete: DESAIR ANNA-LOUISE — **Q-time: 01:20:41**

PB (25m pool): 01:20.41 Pelt 27/09/2026 — **PB (50m pool):** 01:22.94 **SB:** 01:20.41 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:39.56		01:20.41	
		00:39.56		*00:40.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:5, starttime: 15:05

Heat: 5/7 Lane : 6 Athlete: VANDER MEER NOOR — **Q-time: 01:17:57**

PB (25m pool): 01:17.57 LEUVEN 15/11/2026 — **PB (50m pool):** 01:19.20 **SB:** 01:17.57 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:37.04		01:17.57	
		00:37.04		*00:40.53*	
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Coach feedback:

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

Heat: 6/7 Lane : 4 Athlete: THEWISSEN MIRTHE — **Q-time: 01:14:03**

PB (25m pool): 01:14.03 Pelt 27/09/2026 — **PB (50m pool):** 01:16.55 **SB:** 01:14.03 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:35.82		01:14.03	
		00:35.82		*00:38.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: