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

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

Coaches: Valvekens Cindy

Coaches: Lievens Stijn HEADCOACH

Coaches: Dormaels Caroline

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 : 3 Athlete: VERHEYEN STEPHEN — **Q-time: 02:21:06**

PB (25m pool): 02:21.06 Tienen 27/09/2026 **PB (50m pool):** 02:27.74 **SB:** 02:21.06 Tienen 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.48		01:08.38		no time		02:21.06
		00:32.48		*00:35.90*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 13+ — Heat:5, starttime: 14:10

Heat: 5/6 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN — **Q-time: 02:09:77**

PB (25m pool): 02:08.41 LEUVEN 15/11/2026 **PB (50m pool):** 02:13.02 **SB:** 02:08.41 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.70		01:01.00		01:35.13		02:08.41
		00:28.70		*00:32.30*		*00:34.13*		*00:33.28*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 1 Athlete: SILVERANS MILA — **Q-time: 03:11:78**

PB (25m pool): 03:11.78 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.02		01:31.80		02:22.56		03:11.78
		00:42.02		*00:49.78*		*00:50.76*		*00:49.22*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 3: 50M BREASTSTROKE MEN 13+ — Heat:2, starttime: 14:30

Heat: 2/4 Lane : 6 Athlete: VANHELMONT DANTE — **Q-time: 00:38:94**

PB (25m pool): 00:38.94 Herentals 09/05/2026 **PB (50m pool):** 00:42.35 **SB:** no time

	2 5 M	5 0 M	
PB		00:38.94	
		00:38.94	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:1, starttime: 14:35

Heat: 1/6 Lane : 5 Athlete: WILLEN LUNA — **Q-time: 00:34:14**

PB (25m pool): 00:34.14 Herentals 09/05/2026 **PB (50m pool):** 00:35.84 **SB:** no time

	2 5 M	5 0 M	
PB		00:34.14	
		00:34.14	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 2 Athlete: FEYAERTS SAVANNAH — **Q-time: 00:33:37**

PB (25m pool): 00:33.38 LEUVEN. 22/02/2026 **PB (50m pool):** 00:33.37 **SB:** no time

	2 5 M	5 0 M	
PB		00:33.38	
		00:33.38	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 1 Athlete: DE CAT DO — **Q-time: 00:32:18**

PB (25m pool): 00:32.18 Aarschot 26/04/2026 **PB (50m pool):** 00:33.53 **SB:** no time

	2 5 M	5 0 M	
PB		00:32.18	
		00:32.18	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/6 Lane : 2 Athlete: VANHELMONT DANTE — **Q-time: 01:11:10**

PB (25m pool): 01:11.10 LEUVEN 23/11/2025 **PB (50m pool):** 01:11.84 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.71		01:11.10	
		00:32.71		*00:38.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: VERHEYEN STEPHEN — **Q-time: 01:13:13**

PB (25m pool): 01:13.13 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:17.34 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.34		01:13.13	
		00:33.34		*00:39.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN — **Q-time: 01:04:88**

PB (25m pool): 01:04.88 Leuven 04/10/2026 **PB (50m pool):** 01:07.64 **SB:** 01:04.88 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.05		01:04.88	
		00:30.05		*00:34.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:2, starttime: 14:55

Heat: 2/7 Lane : 6 Athlete: WILLEN LUNA — **Q-time: 01:26:58**

PB (25m pool): 01:26.58 Pelt 27/09/2026 **PB (50m pool):** 01:30.09 **SB:** 01:26.58 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:41.41		01:26.58	
		00:41.41		*00:45.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:2, starttime: 14:55

Heat: 2/7 Lane : 8 Athlete: FEYAERTS SAVANNAH — **Q-time: 01:30:81**

PB (25m pool): 01:30.81 Aarschot 26/04/2026 **PB (50m pool):** 01:33.96 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.31		01:30.81	
		00:44.31		*00:46.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: DE CAT DO — **Q-time: 01:18:55**

PB (25m pool): 01:18.55 Heist Op Den Berg 11/01/2025 **PB (50m pool):** 01:20.96 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.62		01:18.55	
		00:38.62		*00:39.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 6 Athlete: SILVERANS MILA — **Q-time: 01:14:93**

PB (25m pool): 01:14.93 Leuven 04/10/2026 **PB (50m pool):** 01:18.27 **SB:** 01:14.93 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.58		01:14.93	
		00:36.58		*00:38.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: