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

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

Coaches: Fekkers Roos HEADCOACH

Coaches: Winderix Wannes

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 : 6 Athlete: VAN GORP LUCAS **Q-time: 02:34:19**

PB (25m pool): 02:34.19 Vilvoorde 18/05/2025 **PB (50m pool):** 02:23.48 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.91		01:14.13		no time		02:34.19
		00:34.91		*00:39.22*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 2 Athlete: CAMBRON WARD **Q-time: 02:14:51**

PB (25m pool): 02:14.51 Dilbeek 10/05/2026 **PB (50m pool):** 02:18.16 **SB:** 02:15.37 Tienen 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.89		01:04.08		no time		02:14.51
		00:29.89		*00:34.19*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 6 Athlete: FLORES SéBASTIEN **Q-time: 02:14:27**

PB (25m pool): 02:14.27 Tienen 27/09/2026 **PB (50m pool):** 02:14.22 **SB:** 02:14.27 Tienen 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.20		01:05.13		no time		02:14.27
		00:31.20		*00:33.93*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/3 Lane : 5 Athlete: AMADOU CAMILLE — **Q-time: 02:51:40**

PB (25m pool): 02:51.40 Tervuren 30/05/2026 **PB (50m pool):** 02:55.34 **SB:** 02:54.22 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.18		01:22.19		02:06.36		02:51.40
		00:39.18		*00:43.01*		*00:44.17*		*00:45.04*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 7 Athlete: VAN BOXSTAEL NORA — **Q-time: 03:01:23**

PB (25m pool): 03:01.23 LEUVEN 23/11/2025 **PB (50m pool):** 03:10.76 **SB:** 03:03.40 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.30		01:27.87		02:14.48		03:01.23
		00:41.30		*00:46.57*		*00:46.61*		*00:46.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/4 Lane : 2 Athlete: VAN GORP LUCAS — **Q-time: 00:36:22**

PB (25m pool): 00:36.22 Leuven 04/10/2026 **PB (50m pool):** 00:39.82 **SB:** 00:36.22 Leuven 04/10/2026

	25 M	50 M	
PB		00:36.22	
		00:36.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 4 Athlete: CAMBRON WARD — **Q-time: 00:32:98**

PB (25m pool): 00:32.98 Hannuit 28/03/2026 **PB (50m pool):** 00:33.87 **SB:** 00:33.74 Leuven 04/10/2026

	25 M	50 M	
PB		00:32.98	
		00:32.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/6 Lane : 3 Athlete: ROOSEN TESS — **Q-time: 00:32:79**

PB (25m pool): 00:32.79 Hannuit 28/03/2026 **PB (50m pool):** 00:33.76 **SB:** 00:33.09 Tervuren 10/10/2026

	25 M	50 M	
PB		00:32.79	
	00:32.79		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:5, starttime: 14:40

Heat: 5/6 Lane : 2 Athlete: VAN BOXSTAEL NORA — **Q-time: 00:30:28**

PB (25m pool): 00:30.28 Hannuit 28/03/2026 **PB (50m pool):** 00:30.52 **SB:** 00:30.67 Leuven 04/10/2026

	25 M	50 M	
PB		00:30.28	
	00:30.28		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:1, starttime: 14:55

Heat: 1/7 Lane : 2 Athlete: FERNANDEZ PEDRERA TARIK LAILA — **Q-time: 99:99:99**

PB (25m pool): 01:28.61 LEUVEN 24/11/2024 **PB (50m pool):** 01:30.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.37		01:28.61	
	00:42.37		*00:46.24*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 13+ — Heat:3, starttime: 15:00

Heat: 3/7 Lane : 6 Athlete: ROOSEN TESS — **Q-time: 01:23:19**

PB (25m pool): 01:19.43 Zaventem 16/07/2024 **PB (50m pool):** 01:22.29 **SB:** 01:23.85 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.43	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: