# Herfstcriterium 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

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

**Coaches: Vanmeerbeek Rob 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 : 5 Athlete: NAUDé DANIëL** **Q-time: 02:32:68**

**PB (25m pool): 02:33.35 LEUVEN 23/11/2025** **PB (50m pool):** 02:32.68 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.58 | | 01:12.95 | | 01:53.12 | | 02:33.35 |
| | | *00:34.58* | | *00:38.37* | | *00:40.17* | | *00:40.23* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 100M BUTTERFLY MEN 13+ Heat:3, starttime: 14:45

**Heat: 3/6 Lane : 8 Athlete: DERAEMAECKER LANDER** **Q-time: 01:24:69**

**PB (25m pool): 01:35.83 Mons 26/10/2025** **PB (50m pool):** 01:24.69 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:44.49 | | 01:35.83 | |
| | | *00:44.49* | | *00:51.34* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 5/7 Lane : 2 Athlete: GADEYNE OLIVIA** **Q-time: 01:17:76**

**PB (25m pool): 01:17.76 Meise 21/06/2026** **PB (50m pool):** 01:21.30 **SB:** 01:18.17 Aartselaar 01/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:38.25 | | 01:17.76 | |
| | | *00:38.25* | | *00:39.51* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 1: COACH evaluation sheet for TEAM: LAQUA

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

**Heat: 6/7 Lane : 1 Athlete: BURSSENS EMMA** — **Q-time: 01:15:37**

**PB (25m pool): 01:15.37 Leuven 12/10/2025** — **PB (50m pool):** 01:19.88 **SB:** 01:20.23 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | 01:15.37 | |
| | *no time* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 6/7 Lane : 7 Athlete: VANHEULE LéA** — **Q-time: 01:15:25**

**PB (25m pool): 01:15.25 Leuven 04/10/2026** — **PB (50m pool):** 01:18.41 **SB:** 01:15.25 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:36.18 | | 01:15.25 | |
| | *00:36.18* | | *00:39.07* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback: