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

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

Coaches: Van der Plas Koen HEADCOACH

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

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

Heat: 5/6 Lane : 4 Athlete: VERMEULEN DAAN **Q-time: 02:07:98**

PB (25m pool): 02:07.98 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:12.34 **SB:** 02:07.98 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.50		01:02.59		01:35.81		02:07.98
	00:30.50		*00:32.09*		*00:33.22*		*00:32.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 5 Athlete: VIAENE MAXIM **Q-time: 02:08:13**

PB (25m pool): 02:08.13 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:12.08 **SB:** 02:08.13 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.62		01:00.57		01:34.53		02:08.13
	00:28.62		*00:31.95*		*00:33.96*		*00:33.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 8 Athlete: BULCKAEN KORNEEL **Q-time: 02:11:97**

PB (25m pool): 02:11.97 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:15.82 **SB:** 02:11.97 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.07		01:02.77		01:37.80		02:11.97
	00:29.07		*00:33.70*		*00:35.03*		*00:34.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/3 Lane : 5 Athlete: CLAEYS ELISE — **Q-time: 03:16:07**

PB (25m pool): 03:16.07 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 03:18.29 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.88		01:35.19		02:25.81		03:16.07
		00:44.88		*00:50.31*		*00:50.62*		*00:50.26*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 8 Athlete: DE MEY AURORA — **Q-time: 03:12:44**

PB (25m pool): 03:10.64 Temse 21/12/2025 **PB (50m pool):** 03:17.93 **SB:** 03:12.44 BEERNEM 19/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.24		01:32.56		02:22.25		03:10.64
		00:44.24		*00:48.32*		*00:49.69*		*00:48.39*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/4 Lane : 7 Athlete: HUENS WARRE — **Q-time: 00:39:53**

PB (25m pool): 00:39.53 Eeklo 21/09/2025 **PB (50m pool):** 00:46.20 **SB:** no time

	25M	50M	
PB		00:39.53	
		00:39.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: DE STROOPER ZEV — **Q-time: 00:35:11**

PB (25m pool): 00:35.11 EEKLO 04/10/2026 **PB (50m pool):** 00:35.55 **SB:** 00:35.11 EEKLO 04/10/2026

	25M	50M	
PB		00:35.11	
		00:35.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 6 Athlete: BULCKAEN KORNEEL — **Q-time: 00:35:73**

PB (25m pool): 00:35.73 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:37.06 **SB:** no time

	25 M	50 M	
PB		00:35.73	
	00:35.73		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 7 Athlete: RABAEYS LUCAS — **Q-time: 00:36:61**

PB (25m pool): 00:36.61 EEKLO 04/10/2026 **PB (50m pool):** 00:39.02 **SB:** 00:36.61 EEKLO 04/10/2026

	25 M	50 M	
PB		00:36.61	
	00:36.61		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 8 Athlete: LANNOY CAS — **Q-time: 00:34:10**

PB (25m pool): 00:34.10 Sinbad 22/07/2025 **PB (50m pool):** 00:34.94 **SB:** no time

	25 M	50 M	
PB		00:34.10	
	00:34.10		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/6 Lane : 3 Athlete: VAN DER PLAS SANNE — **Q-time: 00:34:52**

PB (25m pool): 00:34.52 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:35.28 **SB:** 00:34.52 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:34.52	
	00:34.52		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/6 Lane : 6 Athlete: EYCKEN ENORA — **Q-time: 00:35:72**

PB (25m pool): 00:34.38 DENDERMONDE 14/11/2026 **PB (50m pool):** 00:35.72 **SB:** 00:34.38 DENDERMONDE 14/11/2026

	2 5 M	5 0 M	
PB		00:34.38	
	00:34.38		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 8 Athlete: BAEYE ROMY — **Q-time: 00:32:18**

PB (25m pool): 00:32.23 EEKLO 04/10/2026 **PB (50m pool):** 00:32.18 **SB:** 00:32.23 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:32.23	
	00:32.23		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 2 Athlete: SNOECK HANNELORE — **Q-time: 00:31:04**

PB (25m pool): 00:30.31 Gent 23/02/2025 **PB (50m pool):** 00:30.94 **SB:** no time

	2 5 M	5 0 M	
PB		00:30.31	
	00:30.31		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 3 Athlete: DE MEY AURORA — **Q-time: 00:30:78**

PB (25m pool): 00:30.78 EEKLO 04/10/2026 **PB (50m pool):** 00:32.78 **SB:** 00:30.78 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:30.78	
	00:30.78		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/6 Lane : 6 Athlete: FRANKE MARIA LAYLA — **Q-time: 00:30:26**

PB (25m pool): 00:30.26 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:30.87 **SB:** 00:30.26 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:30.26	
	00:30.26		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 4 Athlete: VAN NIEUWENHOVE LAURIEN — **Q-time: 00:28:98**

PB (25m pool): 00:27.79 Bonn 24/11/2019 **PB (50m pool):** 00:29.15 **SB:** no time

	25 M	50 M	
PB		00:27.79	
	00:27.79		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: BOEYKENS CHARLOTTE — **Q-time: 00:30:03**

PB (25m pool): 00:30.03 Eeklo 21/09/2025 **PB (50m pool):** 00:30.34 **SB:** 00:30.17 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.03	
	00:30.03		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 13+ — Heat:1, starttime: 14:40

Heat: 1/6 Lane : 5 Athlete: RABAEYS LUCAS — **Q-time: 01:38:40**

PB (25m pool): no time **PB (50m pool):** 01:38.40 **SB:** no time

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

Coach feedback:

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

Event number: 5: 100M BUTTERFLY MEN 13+ — Heat:2, starttime: 14:45

Heat: 2/6 Lane : 6 Athlete: DUMONT SIEBE — **Q-time: 01:28:40**

PB (25m pool): 01:19.74 Temse 15/11/2026 — **PB (50m pool):** 01:28.40 **SB:** 01:19.74 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.17		01:19.74	
		00:36.17		*00:43.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 1 Athlete: DE STROOPER ZEV — **Q-time: 01:24:44**

PB (25m pool): 01:27.77 Sinbad 05/10/2025 — **PB (50m pool):** 01:24.44 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.76		01:27.77	
		00:39.76		*00:48.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 3 Athlete: VERMEULEN DAAN — **Q-time: 01:10:92**

PB (25m pool): 01:10.92 Temse 31/05/2026 — **PB (50m pool):** 01:15.58 **SB:** 01:11.84 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.92		01:10.92	
		00:32.92		*00:38.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 6 Athlete: VIAENE MAXIM — **Q-time: 01:11:01**

PB (25m pool): 01:11.01 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:10.24 **SB:** 01:11.01 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.84		01:11.01	
		00:32.84		*00:38.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/7 Lane : 5 Athlete: VAN DER PLAS SANNE — **Q-time: 01:25:92**

PB (25m pool): 01:25.92 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:29.99 **SB:** 01:25.92 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.92		01:25.92	
		00:41.92		*00:44.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 4 Athlete: FRANKE MARIA LAYLA — **Q-time: 01:19:33**

PB (25m pool): 01:19.33 EEKLO 04/10/2026 **PB (50m pool):** 01:23.00 **SB:** 01:19.33 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.42		01:19.33	
		00:38.42		*00:40.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 7 Athlete: BAEYE ROMY — **Q-time: 01:20:81**

PB (25m pool): 01:20.81 Temse 31/05/2026 **PB (50m pool):** 01:24.44 **SB:** 01:21.74 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.42		01:20.81	
		00:38.42		*00:42.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 5 Athlete: ANSEEUW LIEZE — **Q-time: 01:17:10**

PB (25m pool): 01:19.90 Nijlen 16/11/2025 **PB (50m pool):** 01:17.72 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.87		01:19.90	
		00:39.87		*00:40.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/7 Lane : 6 Athlete: BOEYKENS CHARLOTTE **Q-time: 01:11:97**

PB (25m pool): 01:11.97 Gent 23/02/2025 **PB (50m pool):** 01:13.04 **SB:** 01:13.98 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.70		01:11.97	
		00:34.70		*00:37.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: