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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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

Event number: 1: 200M FREESTYLE MEN 13+ Heat:2, starttime: 14:05

Heat: 2/6 Lane : 8 Athlete: COGEN ALEX **Q-time: 02:32:07**

PB (25m pool): 02:32.07 Meulebeke 10/05/2026 **PB (50m pool):** 02:35.14 **SB:** 02:32.22 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.49		01:13.24		no time		02:32.07
		00:34.49		*00:38.75*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MEN 13+ Heat:3, starttime: 14:05

Heat: 3/6 Lane : 4 Athlete: MARTENS YWEIN **Q-time: 02:18:04**

PB (25m pool): 02:18.04 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:30.48 **SB:** 02:18.04 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.87		01:07.50		01:43.50		02:18.04
		00:31.87		*00:35.63*		*00:36.00*		*00:34.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 6 Athlete: VANHAVERE DAAN **Q-time: 02:09:48**

PB (25m pool): 02:09.48 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 02:14.96 **SB:** 02:10.03 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.65		01:02.87		01:36.90		02:09.48
		00:29.65		*00:33.22*		*00:34.03*		*00:32.58*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 1: 200M FREESTYLE MEN 13+ — Heat:6, starttime: 14:15

Heat: 6/6 Lane : 4 Athlete: VAN DE GENDER NILS — **Q-time: 02:02:68**

PB (25m pool): 02:02.11 TEMSE 24/11/2024 **PB (50m pool):** 02:07.63 **SB:** 02:06.92 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:28.72		01:00.44		01:31.99		02:02.11
		00:28.72		*00:31.72*		*00:31.55*		*00:30.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: VAN HUL EMMA — **Q-time: 00:31:22**

PB (25m pool): 00:31.22 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:31.79 **SB:** 00:31.28 Sint-Amandsberg 18/10/2026

	25 M	50 M
PB		00:31.22
		00:31.22
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 8 Athlete: PUNZO MICHELLE — **Q-time: 00:30:45**

PB (25m pool): 00:30.45 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:31.60 **SB:** 00:30.45 Sint-Amandsberg 18/10/2026

	25 M	50 M
PB		00:30.45
		00:30.45
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 7 Athlete: MARTENS YWEIN — **Q-time: 01:21:76**

PB (25m pool): 01:21.76 Sint-Niklaas 28/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M
PB		00:35.78		01:21.76
		00:35.78		*00:45.98*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/6 Lane : 7 Athlete: VANHAVERE DAAN — **Q-time: 01:08:99**

PB (25m pool): 01:08.99 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:19.22 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.66		01:08.99	
		00:31.66		*00:37.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/7 Lane : 3 Athlete: SMET LIM — **Q-time: 01:34:02**

PB (25m pool): 01:34.02 Durmehal 27/09/2026 PB (50m pool): 01:38.86 **SB:** 01:34.02 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:44.41		01:34.02	
		00:44.41		*00:49.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/7 Lane : 5 Athlete: VAN DER GUCHT LOTTE — **Q-time: 01:33:05**

PB (25m pool): 01:33.05 Durmehal 27/09/2026 PB (50m pool): 01:44.84 **SB:** 01:33.05 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:45.92		01:33.05	
		00:45.92		*00:47.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 2 Athlete: VAN HUL EMMA — **Q-time: 01:24:00**

PB (25m pool): 01:24.00 Sint-Amandsberg 18/10/2026 PB (50m pool): 01:25.23 **SB:** 01:24.00 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.84		01:24.00	
		00:40.84		*00:43.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 4 Athlete: PUNZO MICHELLE **Q-time: 01:22:20**

PB (25m pool): 01:22.20 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:28.26 **SB:** 01:22.20 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:40.33		01:22.20	
		00:40.33		*00:41.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: