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

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

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

Coaches: Januarius Bart

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 : 3 Athlete: SAADEH NAYIM **Q-time: 02:33:01**

PB (25m pool): 02:33.99 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** 02:33.01 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.84		01:13.96		no time		02:33.99
		00:33.84		*00:40.12*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/6 Lane : 1 Athlete: GHISLAIN ANTOINE **Q-time: 02:31:42**

PB (25m pool): 02:31.42 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** 02:39.46 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.79		01:11.59		no time		02:31.42
		00:33.79		*00:37.80*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 8 Athlete: GEURTS VALENTIN **Q-time: 02:23:23**

PB (25m pool): 02:23.23 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** 02:39.55 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.18		01:08.21		no time		02:23.23
		00:32.18		*00:36.03*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/6 Lane : 8 Athlete: WALDMAN JONATHAN — **Q-time: 02:17:53**

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

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/4 Lane : 4 Athlete: SAADEH NAYIM — **Q-time: 00:37:40**

PB (25m pool): 00:37.40 Leuven 04/10/2026 — **PB (50m pool):** 00:41.55 **SB:** 00:37.40 Leuven 04/10/2026

	25M	50M	
PB		00:37.40	
	00:37.40		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 3 Athlete: VEKEMAN KWINTE — **Q-time: 00:35:61**

PB (25m pool): 00:35.61 Tervuren 10/10/2026 — **PB (50m pool):** 00:36.72 **SB:** 00:35.61 Tervuren 10/10/2026

	25M	50M	
PB		00:35.61	
	00:35.61		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 2 Athlete: GHISLAIN EMILIE — **Q-time: 00:31:98**

PB (25m pool): 00:31.98 Tervuren 10/10/2026 — **PB (50m pool):** 00:32.77 **SB:** 00:31.98 Tervuren 10/10/2026

	25M	50M	
PB		00:31.98	
	00:31.98		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 7 Athlete: GHISLAIN JULIETTE — **Q-time: 00:29:83**

PB (25m pool): 00:29.83 Gent 23/02/2025 **PB (50m pool):** 00:30.78 **SB:** 00:30.67 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.83	
		00:29.83	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 3 Athlete: GHISLAIN ANTOINE — **Q-time: 01:25:88**

PB (25m pool): 01:21.51 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 01:23.39 **SB:** 01:21.51 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:37.29		01:21.51	
		00:37.29		*00:44.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 7 Athlete: GEURTS VALENTIN — **Q-time: 01:30:71**

PB (25m pool): 01:37.32 Aarschot 28/04/2024 **PB (50m pool):** 01:30.71 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:37.32	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 2 Athlete: VEKEMAN KWINTE — **Q-time: 01:08:63**

PB (25m pool): 01:08.63 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:12.28 **SB:** 01:08.63 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.05		01:08.63	
		00:32.05		*00:36.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 1 Athlete: WALDMAN JONATHAN — **Q-time: 01:06:03**

PB (25m pool): 01:06.97 Gemeentelijk zwembad Heuvelkou 11/12/2016 **PB (50m pool):** no time **SB:** 01:06.97 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:31.50		01:06.97	
		00:31.50		*00:35.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: GHISLAIN EMILIE — **Q-time: 01:23:07**

PB (25m pool): 01:22.31 Aarschot 28/04/2024 **PB (50m pool):** 01:23.07 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:22.31	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 2 Athlete: GHISLAIN JULIETTE — **Q-time: 01:20:55**

PB (25m pool): 01:20.55 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:22.54 **SB:** 01:20.55 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.65		01:20.55	
		00:38.65		*00:41.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: