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

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

Coaches: Defoin Steven

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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 : 8 Athlete: DELSIENE STAN **Q-time: 03:15:50**

PB (25m pool): 03:15.50 Pelt 27/09/2026 **PB (50m pool):** no time **SB:** 03:15.50 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.21		01:33.86		no time		03:15.50
		00:43.21		*00:50.65*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 3 Athlete: RUYMEN SIEBE **Q-time: 02:08:90**

PB (25m pool): 02:08.90 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:25.56 **SB:** 02:08.90 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.29		01:01.73		01:35.28		02:08.90
		00:29.29		*00:32.44*		*00:33.55*		*00:33.62*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 50M BREASTSTROKE MEN 13+ Heat:1, starttime: 14:30

Heat: 1/4 Lane : 2 Athlete: DELSIENE STAN **Q-time: 00:52:05**

PB (25m pool): 00:52.09 Lommel 22/02/2026 **PB (50m pool):** 00:52.05 **SB:** no time

	25 M	50 M	
PB		00:52.09	
		00:52.09	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/6 Lane : 4 Athlete: VRANKEN IAN — **Q-time: 01:32:29**

PB (25m pool): no time **PB (50m pool):** 01:32.29 **SB:** no time

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

Coach feedback:

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

Heat: 3/6 Lane : 4 Athlete: WERY MILAN — **Q-time: 01:14:60**

PB (25m pool): 01:14.60 Hasselt 04/10/2026 **PB (50m pool):** 01:20.59 **SB:** 01:14.60 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.28		01:14.60	
		00:34.28		*00:40.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: RUYMEN SIEBE — **Q-time: 01:06:32**

PB (25m pool): 01:07.29 Hasselt 04/10/2026 **PB (50m pool):** 01:06.32 **SB:** 01:07.29 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.14		01:07.29	
		00:31.14		*00:36.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 7 Athlete: WANTEN LAURA — **Q-time: 01:27:42**

PB (25m pool): 01:27.42 Lommel 22/02/2026 **PB (50m pool):** 01:29.98 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.55		01:27.42	
		00:42.55		*00:44.87*	
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Coach feedback: