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

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

Coaches: Bartholomeus Pieter

Coaches: Germonpré Niels HEADCOACH

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

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

Heat: 4/6 Lane : 1 Athlete: GERMONPRé ACHIEL — **Q-time: 02:15:17**

PB (25m pool): 02:21.46 Diksmuide 12/10/2025 **PB (50m pool):** 02:15.17 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:31.97		01:08.23		01:45.46		02:21.46
		00:31.97		*00:36.26*		*00:37.23*		*00:36.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 5 Athlete: THIEREN KASPER — **Q-time: 02:13:50**

PB (25m pool): 02:13.50 Brugge 04/10/2026 **PB (50m pool):** 02:15.82 **SB:** 02:13.50 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.39		01:05.24		01:39.39		02:13.50
		00:31.39		*00:33.85*		*00:34.15*		*00:34.11*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 1 Athlete: NEYRINCK LOïCK — **Q-time: 02:10:55**

PB (25m pool): 02:10.55 Brugge 04/10/2026 **PB (50m pool):** 02:12.64 **SB:** 02:10.55 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.33		01:03.48		01:37.01		02:10.55
		00:30.33		*00:33.15*		*00:33.53*		*00:33.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/3 Lane : 4 Athlete: GERMONPRé CéZANNE — **Q-time: 03:05:04**

PB (25m pool): 03:05.04 Brugge 04/10/2026 **PB (50m pool):** no time **SB:** 03:05.04 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.27		01:29.92		02:17.86		03:05.04
		00:42.27		*00:47.65*		*00:47.94*		*00:47.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M BREASTSTROKE WOMEN 13+ — Heat:3, starttime: 14:25

Heat: 3/3 Lane : 8 Athlete: LOWAGIE LOLA — **Q-time: 03:04:76**

PB (25m pool): 03:04.76 Brugge 04/10/2026 **PB (50m pool):** 03:07.10 **SB:** 03:04.76 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.11		01:28.17		02:16.60		03:04.76
		00:41.11		*00:47.06*		*00:48.43*		*00:48.16*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/4 Lane : 1 Athlete: NEYRINCK LOïCK — **Q-time: 00:36:62**

PB (25m pool): 00:37.71 Veurne 19/10/2025 **PB (50m pool):** 00:36.62 **SB:** no time

	25M	50M	
PB		00:37.71	
		00:37.71	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 5 Athlete: GERMONPRé CéZANNE — **Q-time: 00:31:66**

PB (25m pool): 00:31.66 Brugge 04/10/2026 **PB (50m pool):** 00:33.31 **SB:** 00:31.66 Brugge 04/10/2026

	25M	50M	
PB		00:31.66	
		00:31.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/6 Lane : 5 Athlete: GARMYN LEON — **Q-time: 01:15:02**

PB (25m pool): 01:15.28 Diksmuide 28/12/2025 **PB (50m pool):** 01:15.02 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.83		01:15.28	
		00:34.83		*00:40.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 6 Athlete: GERMONPRé ACHIEL — **Q-time: 01:17:03**

PB (25m pool): 01:17.03 Eeklo 06/04/2026 **PB (50m pool):** 01:21.49 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.11		01:17.03	
		00:34.11		*00:42.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 5 Athlete: THIEREN KASPER — **Q-time: 01:10:87**

PB (25m pool): 01:10.87 Brugge 04/10/2026 **PB (50m pool):** 01:11.35 **SB:** 01:10.87 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.04		01:10.87	
		00:33.04		*00:37.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 8 Athlete: LOWAGIE LOLA — **Q-time: 01:19:26**

PB (25m pool): 01:19.26 Menen 01/05/2026 **PB (50m pool):** 01:21.86 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.44		01:19.26	
		00:39.44		*00:39.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: