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

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

Coaches: Van de Weyer Rune

Coaches: Mertens Wenke

Coaches: Fobelets Jos

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

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

Heat: 6/6 Lane : 7 Athlete: SLUYTS JENNE **Q-time: 02:06:28**

PB (25m pool): 02:06.28 Mol 04/10/2026 **PB (50m pool):** 02:08.86 **SB:** 02:06.28 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:28.74		01:01.42		01:34.21		02:06.28
		00:28.74		*00:32.68*		*00:32.79*		*00:32.07*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: VAN ROOSBROECK YUNA **Q-time: 02:56:35**

PB (25m pool): 02:56.35 Mol 04/10/2026 **PB (50m pool):** 03:05.55 **SB:** 02:56.35 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.38		01:25.69		02:11.81		02:56.35
		00:40.38		*00:45.31*		*00:46.12*		*00:44.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 5 Athlete: VAN AERSCHOT NEL **Q-time: 00:30:08**

PB (25m pool): 00:30.08 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:31.30 **SB:** no time

	25 M	50 M	
PB		00:30.08	
		00:30.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 6 Athlete: LAUREYS XANTE — **Q-time: 00:29:65**

PB (25m pool): 00:29.35 Arendonk 01/12/2024 **PB (50m pool):** 00:30.31 **SB:** 00:29.75 Mol 04/10/2026

	25 M	50 M	
PB		00:29.35	
	00:29.35		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 4 Athlete: SLUYTS JENNE — **Q-time: 01:07:55**

PB (25m pool): 01:07.55 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:08.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.19		01:07.55	
	00:31.19		*00:36.36*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 1 Athlete: VAN ROOSBROECK YUNA — **Q-time: 01:21:30**

PB (25m pool): 01:21.30 Mol 28/12/2025 **PB (50m pool):** 01:23.64 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.30		01:21.30	
	00:40.30		*00:41.00*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 2 Athlete: LAUREYS XANTE — **Q-time: 01:12:48**

PB (25m pool): 01:12.48 Mol 04/10/2026 **PB (50m pool):** 01:13.78 **SB:** 01:12.48 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.32		01:12.48	
	00:36.32		*00:36.16*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/7 Lane : 5 Athlete: VAN AERSCHOT NEL **Q-time: 01:11:63**

PB (25m pool): 01:11.63 Mol 28/12/2025 **PB (50m pool):** 01:14.04 **SB:** 01:11.90 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.46		01:11.63	
		00:34.46		*00:37.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: