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

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

Coaches: Loos Kim HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

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 : 5 Athlete: NEYRINCK RUBEN — **Q-time: 02:24:96**

PB (25m pool): 02:24.96 Kapellen 30/05/2026 **PB (50m pool):** 02:32.31 **SB:** 02:26.50 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:33.50		01:10.39		no time		02:24.96
		00:33.50		*00:36.89*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M BREASTSTROKE WOMEN 13+ — Heat:1, starttime: 14:20

Heat: 1/3 Lane : 2 Athlete: DJONOU IMBA ITZANA — **Q-time: 03:20:12**

PB (25m pool): 03:20.12 Mol 04/10/2026 **PB (50m pool):** 03:24.12 **SB:** 03:20.12 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:46.82		01:38.54		02:28.92		03:20.12
		00:46.82		*00:51.72*		*00:50.38*		*00:51.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M BREASTSTROKE WOMEN 13+ — Heat:1, starttime: 14:20

Heat: 1/3 Lane : 8 Athlete: VALKENBORGHS YANNE — **Q-time: 03:50:39**

PB (25m pool): 03:44.70 Mol 15/10/2023 **PB (50m pool):** 03:49.47 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:44.70
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:2, starttime: 14:35

Heat: 2/6 Lane : 4 Athlete: VALKENBORGHS YANNE — **Q-time: 00:32:72**

PB (25m pool): 00:32.72 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:33.25 **SB:** 00:32.83 Mol 04/10/2026

	25 M	50 M	
PB		00:32.72	
		00:32.72	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 13+ — Heat:2, starttime: 14:35

Heat: 2/6 Lane : 5 Athlete: DJONOU IMBA ITZANA — **Q-time: 00:32:77**

PB (25m pool): 00:32.77 Nijlen 18/10/2026 **PB (50m pool):** 00:33.48 **SB:** 00:32.77 Nijlen 18/10/2026

	25 M	50 M	
PB		00:32.77	
		00:32.77	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 1 Athlete: CORNELIS KAAT — **Q-time: 00:29:86**

PB (25m pool): 00:29.86 Durmehal 27/09/2026 **PB (50m pool):** 00:29.95 **SB:** 00:29.86 Durmehal 27/09/2026

	25 M	50 M	
PB		00:29.86	
		00:29.86	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 3 Athlete: CORNELIS KAAT — **Q-time: 01:11:94**

PB (25m pool): 01:11.94 Nijlen 18/10/2026 **PB (50m pool):** 01:14.17 **SB:** 01:11.94 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.42		01:11.94	
		00:34.42		*00:37.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: