Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

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

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

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 15:45

Heat: 1/7 Lane : 2 Athlete: CAUTAERT-KNUTSSON LISA **Q-time: 02:55:04**

PB (25m pool): 02:55.04 Mol 04/10/2026 **PB (50m pool):** 03:04.44 **SB:** 02:55.04 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.16		01:26.16		02:11.21		02:55.04
		00:41.16		*00:45.00*		*00:45.05*		*00:43.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:2, starttime: 15:50

Heat: 2/7 Lane : 5 Athlete: KUSHNIR MILANA **Q-time: 02:37:73**

PB (25m pool): 02:37.73 Aartselaar 01/11/2026 **PB (50m pool):** 02:41.49 **SB:** 02:37.73 Aartselaar 01/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.54		01:15.42		no time		02:37.73
		00:35.54		*00:39.88*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:2, starttime: 15:50

Heat: 2/7 Lane : 6 Athlete: CORNELIS MARJOLEIN **Q-time: 02:38:12**

PB (25m pool): 02:38.12 Mol 04/10/2026 **PB (50m pool):** 02:42.58 **SB:** 02:38.12 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.34		01:16.58		01:58.34		02:38.12
		00:36.34		*00:40.24*		*00:41.76*		*00:39.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:3, starttime: 15:50

Heat: 3/7 Lane : 2 Athlete: SZABO NORA — **Q-time: 02:33:06**

PB (25m pool): 02:33.06 Mol 04/10/2026 **PB (50m pool):** 02:39.34 **SB:** 02:33.06 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.86		01:15.32		01:55.98		02:33.06
		00:35.86		*00:39.46*		*00:40.66*		*00:37.08*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:3, starttime: 15:50

Heat: 3/7 Lane : 3 Athlete: HOUVENAGHEL ELIEN — **Q-time: 02:32:31**

PB (25m pool): 02:32.31 Gemeentelijk sportcentrum Nijl 16/03/2025 **PB (50m pool):** 02:34.42 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.08		01:14.07		no time		02:32.31
		00:35.08		*00:38.99*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:4, starttime: 15:55

Heat: 4/7 Lane : 8 Athlete: GORIS ZITA — **Q-time: 02:31:71**

PB (25m pool): 02:31.71 Mol 04/10/2026 **PB (50m pool):** 02:33.52 **SB:** 02:31.71 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.31		01:13.17		01:52.66		02:31.71
		00:34.31		*00:38.86*		*00:39.49*		*00:39.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:5, starttime: 16:00

Heat: 5/7 Lane : 3 Athlete: VAN DE MOSSELAER EMMA — **Q-time: 02:27:85**

PB (25m pool): 02:27.85 Antwerpen 12/10/2025 **PB (50m pool):** 02:31.06 **SB:** 02:31.50 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.07		01:11.24		01:49.70		02:27.85
		00:34.07		*00:37.17*		*00:38.46*		*00:38.15*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:5, starttime: 16:00

Heat: 5/7 Lane : 4 Athlete: SCHELFAUT PIPPA — **Q-time: 02:27:36**

PB (25m pool): 02:27.36 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:30.28 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.38		01:11.77		01:50.31		02:27.36
		00:34.38		*00:37.39*		*00:38.54*		*00:37.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/7 Lane : 2 Athlete: VOLDERS ELLA — **Q-time: 02:25:86**

PB (25m pool): 02:25.86 Mol 04/10/2026 PB (50m pool): 02:26.98 **SB:** 02:25.86 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.01		01:10.11		01:49.02		02:25.86
		00:33.01		*00:37.10*		*00:38.91*		*00:36.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:2, starttime: 16:20

Heat: 2/4 Lane : 4 Athlete: ZONNEKEYN CARO LINA — **Q-time: 00:41:85**

PB (25m pool): 00:41.85 Nijlen 18/10/2026 PB (50m pool): 00:45.51 **SB:** 00:41.85 Nijlen 18/10/2026

	25 M	50 M	
PB		00:41.85	
		00:41.85	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:2, starttime: 16:20

Heat: 2/4 Lane : 6 Athlete: GORIS ZITA — **Q-time: 00:43:05**

PB (25m pool): 00:43.05 Mol 04/10/2026 PB (50m pool): 00:43.81 **SB:** 00:43.05 Mol 04/10/2026

	25 M	50 M	
PB		00:43.05	
		00:43.05	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:4, starttime: 16:25

Heat: 4/4 Lane : 4 Athlete: MOONEN KARLIJN — **Q-time: 00:36:15**

PB (25m pool): 00:36.15 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** 00:37.81 **SB:** 00:37.40 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:36.15	
		00:36.15	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:1, starttime: 16:25

Heat: 1/8 Lane : 4 Athlete: GORIS FINN — **Q-time: 00:34:13**

PB (25m pool): 00:35.47 Nijlen 16/11/2025 **PB (50m pool):** 00:34.13 **SB:** no time

	2 5 M	5 0 M	
PB		00:35.47	
		00:35.47	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:2, starttime: 16:25

Heat: 2/8 Lane : 3 Athlete: TIEST FALCO — **Q-time: 00:30:45**

PB (25m pool): 00:30.45 Nijlen 18/10/2026 **PB (50m pool):** 00:32.87 **SB:** 00:30.45 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:30.45	
		00:30.45	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:3, starttime: 16:25

Heat: 3/8 Lane : 1 Athlete: VERCAMMEN MAGNUS — **Q-time: 00:30:18**

PB (25m pool): 00:30.18 Nijlen 18/10/2026 **PB (50m pool):** 00:32.15 **SB:** 00:30.18 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:30.18	
		00:30.18	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 10: 50M FREESTYLE MEN 13+ Heat:3, starttime: 16:25

Heat: 3/8 Lane : 5 Athlete: VERSCHEURE SAM **Q-time: 00:29:70**

PB (25m pool): 00:29.70 Nijlen 18/10/2026 **PB (50m pool):** 00:30.70 **SB:** 00:29.70 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:29.70	
	00:29.70		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ Heat:4, starttime: 16:30

Heat: 4/8 Lane : 1 Athlete: SNOECKX GUILLAUME **Q-time: 00:29:26**

PB (25m pool): 00:29.26 Mol 04/10/2026 **PB (50m pool):** 00:30.35 **SB:** 00:29.26 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:29.26	
	00:29.26		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ Heat:5, starttime: 16:30

Heat: 5/8 Lane : 2 Athlete: SHIRVILL CASPER **Q-time: 00:27:89**

PB (25m pool): 00:27.89 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:28.80 **SB:** no time

	2 5 M	5 0 M	
PB		00:27.89	
	00:27.89		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ Heat:6, starttime: 16:30

Heat: 6/8 Lane : 6 Athlete: CORNELIS PIETERJAN **Q-time: 00:27:45**

PB (25m pool): 00:28.16 Herentals 18/05/2024 **PB (50m pool):** 00:27.45 **SB:** no time

	2 5 M	5 0 M	
PB		00:28.16	
	00:28.16		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:6, starttime: 16:30

Heat: 6/8 Lane : 7 Athlete: WENé FINN — **Q-time: 00:27:56**

PB (25m pool): 00:27.56 Hoogstraten 27/09/2026 **PB (50m pool):** 00:28.28 **SB:** 00:27.56 Hoogstraten 27/09/2026

	25 M	50 M
PB		00:27.56
		00:27.56
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:8, starttime: 16:30

Heat: 8/8 Lane : 1 Athlete: DE KONING RUBEN — **Q-time: 00:26:40**

PB (25m pool): 00:26.40 Antwerpen 12/10/2025 **PB (50m pool):** 00:26.73 **SB:** 00:26.71 Nijlen 18/10/2026

	25 M	50 M
PB		00:26.40
		00:26.40
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:8, starttime: 16:30

Heat: 8/8 Lane : 5 Athlete: OTTEVAERE ALEXANDER — **Q-time: 00:25:60**

PB (25m pool): 00:25.60 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:25.92 **SB:** 00:26.24 Mol 04/10/2026

	25 M	50 M
PB		00:25.60
		00:25.60
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:2, starttime: 16:35

Heat: 2/4 Lane : 1 Athlete: SZABO NORA — **Q-time: 01:33:01**

PB (25m pool): 01:35.70 Herentals 09/05/2026 **PB (50m pool):** 01:33.01 **SB:** no time

	25 M	50 M	75 M	100 M
PB		00:45.20		01:35.70
		00:45.20		*00:50.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:1, starttime: 16:40

Heat: 1/6 Lane : 3 Athlete: ARTEMOV FYODOR — **Q-time: 01:28:44**

PB (25m pool): 01:28.44 Nijlen 16/11/2025 **PB (50m pool):** 01:24.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.41		01:28.44	
		00:42.41		*00:46.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:1, starttime: 16:40

Heat: 1/6 Lane : 6 Athlete: GORIS FINN — **Q-time: 01:28:87**

PB (25m pool): 01:30.46 Herentals 09/05/2026 **PB (50m pool):** 01:28.87 **SB:** 01:31.06 Groenenhoek Berchem 10/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.65		01:30.46	
		00:43.65		*00:46.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:2, starttime: 16:45

Heat: 2/6 Lane : 7 Athlete: VERSCHEURE SAM — **Q-time: 01:22:88**

PB (25m pool): 01:22.88 Nijlen 18/10/2026 **PB (50m pool):** 01:24.95 **SB:** 01:22.88 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.40		01:22.88	
		00:41.40		*00:41.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:3, starttime: 16:45

Heat: 3/6 Lane : 5 Athlete: VERCAMMEN MAGNUS — **Q-time: 01:16:95**

PB (25m pool): 01:16.95 Nijlen 18/10/2026 **PB (50m pool):** 01:19.78 **SB:** 01:16.95 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.58		01:16.95	
		00:37.58		*00:39.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:5, starttime: 16:50

Heat: 5/6 Lane : 2 Athlete: SNOECKX GUILLAUME — **Q-time: 01:11:81**

PB (25m pool): 01:11.81 Mol 04/10/2026 **PB (50m pool):** 01:14.13 **SB:** 01:11.81 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.72		01:11.81	
		00:34.72		*00:37.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:6, starttime: 16:55

Heat: 6/6 Lane : 7 Athlete: OTTEVAERE ALEXANDER — **Q-time: 01:07:33**

PB (25m pool): 01:07.33 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:11.48 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.80		01:07.33	
		00:31.80		*00:35.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: