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

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

Coaches: Melders Peter

Coaches: Geerits Valerie HEADCOACH

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

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

Heat: 6/7 Lane : 4 Athlete: BOUSSON JULIE — **Q-time: 02:24:81**

PB (25m pool): 02:24.81 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:30.98 **SB:** 02:24.81 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.01		01:10.54		01:48.26		02:24.81
		00:33.01		*00:37.53*		*00:37.72*		*00:36.55*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:7, starttime: 16:05

Heat: 7/7 Lane : 4 Athlete: VANGELOVEN FRAN — **Q-time: 02:18:46**

PB (25m pool): 02:18.46 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:24.50 **SB:** 02:18.46 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.22		01:09.04		01:44.21		02:18.46
		00:33.22		*00:35.82*		*00:35.17*		*00:34.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/4 Lane : 5 Athlete: LUDWICZAK LENA — **Q-time: 00:42:08**

PB (25m pool): 00:42.08 Bree 16/02/2025 **PB (50m pool):** 00:43.03 **SB:** 00:43.40 Hasselt 04/10/2026

	25 M	50 M
PB		00:42.08
		00:42.08
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/4 Lane : 2 Athlete: VANGELOVEN FRAN — **Q-time: 00:37:06**

PB (25m pool): 00:37.06 Bree 31/05/2026 **PB (50m pool):** 00:37.68 **SB:** 00:37.42 Hasselt 04/10/2026

	25 M	50 M	
PB		00:37.06	
	00:37.06		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 5 Athlete: LAMBRIGTS GITTE — **Q-time: 00:36:54**

PB (25m pool): 00:36.54 Hasselt 04/10/2026 **PB (50m pool):** 00:37.65 **SB:** 00:36.54 Hasselt 04/10/2026

	25 M	50 M	
PB		00:36.54	
	00:36.54		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 6 Athlete: BEIJNSBERGER MATHIJS — **Q-time: 00:27:84**

PB (25m pool): 00:27.84 Beringen 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:27.84	
	00:27.84		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 7 Athlete: FRANSSEN EMILY — **Q-time: 01:28:57**

PB (25m pool): 01:28.57 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:38.28 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.26		01:28.57	
	00:39.26		*00:49.31*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:4, starttime: 16:40

Heat: 4/4 Lane : 1 Athlete: BOUSSON JULIE — **Q-time: 01:17:78**

PB (25m pool): 01:17.78 Bree 21/12/2025 **PB (50m pool):** 01:21.26 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.58		01:17.78	
		00:35.58		*00:42.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 6 Athlete: BEIJNSBERGER MATHIJS — **Q-time: 01:17:30**

PB (25m pool): 01:17.30 Bree 31/05/2026 **PB (50m pool):** 01:22.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.47		01:17.30	
		00:36.47		*00:40.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: