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

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

Coaches: Meersschaut Evelyn

Coaches: Huberty Maren

Coaches: Wielandt Pieter

Coaches: Mathys Jana

Coaches: De Noble Naomi

Coaches: De Backer Bart

Coaches: Debrouwere Ise HEADCOACH

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

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

Heat: 3/7 Lane : 8 Athlete: NGABO ANNABELLE **Q-time: 02:35:67**

PB (25m pool): 02:35.67 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:40.10 **SB:** 02:35.67 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.05		01:15.22		01:55.58		02:35.67
		00:36.05		*00:39.17*		*00:40.36*		*00:40.09*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 7 Athlete: NEIRINCK ANNELIES **Q-time: 02:28:78**

PB (25m pool): 02:28.78 Gent 23/02/2025 **PB (50m pool):** 02:32.49 **SB:** 02:40.00 Dendermonde. 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.26		01:11.63		01:50.30		02:28.78
		00:34.26		*00:37.37*		*00:38.67*		*00:38.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/7 Lane : 1 Athlete: DEGRANDE AN **Q-time: 02:24:45**

PB (25m pool): 02:24.45 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:33.66 **SB:** 02:24.45 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.36		01:08.04		01:45.91		02:24.45
		00:32.36		*00:35.68*		*00:37.87*		*00:38.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 8: 200M BREASTSTROKE MEN 13+ — Heat:2, starttime: 16:10

Heat: 2/3 Lane : 5 Athlete: VANNIEUWENHUYSE LOïC — **Q-time: 02:58:11**

PB (25m pool): 02:58.29 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 02:58.11 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.78		01:24.30		02:11.47		02:58.29
		00:38.78		*00:45.52*		*00:47.17*		*00:46.82*
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Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ — Heat:3, starttime: 16:15

Heat: 3/3 Lane : 4 Athlete: SLOS ROBBIE — **Q-time: 02:29:67**

PB (25m pool): 02:29.67 Gent 09/11/2025 **PB (50m pool):** 02:37.55 **SB:** 02:34.76 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.41		01:12.24		01:50.74		02:29.67
		00:34.41		*00:37.83*		*00:38.50*		*00:38.93*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ — Heat:3, starttime: 16:15

Heat: 3/3 Lane : 5 Athlete: VAN RAEMDONCK CAMU — **Q-time: 02:37:02**

PB (25m pool): 02:37.02 Sinbad 22/07/2025 **PB (50m pool):** 02:46.25 **SB:** 02:37.78 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.58		01:15.59		no time		02:37.02
		00:35.58		*00:40.01*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ — Heat:3, starttime: 16:15

Heat: 3/3 Lane : 6 Athlete: DEGRANDE LARS — **Q-time: 02:47:65**

PB (25m pool): 02:47.53 T ROSCO 20/10/2024 **PB (50m pool):** 02:53.68 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.70		01:18.84		02:04.00		02:47.53
		00:35.70		*00:43.14*		*00:45.16*		*00:43.53*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/8 Lane : 4 Athlete: VANNIEUWENHUYSE LOïC — **Q-time: 00:28:52**

PB (25m pool): 00:28.52 EEKLO 04/10/2026 — **PB (50m pool):** 00:28.63 **SB:** 00:28.52 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.52	
	00:28.52		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:7, starttime: 16:30

Heat: 7/8 Lane : 1 Athlete: VAN RAEMDONCK CAMU — **Q-time: 00:27:00**

PB (25m pool): 00:27.00 Waregem 26/09/2026 — **PB (50m pool):** 00:27.97 **SB:** 00:27.00 Waregem 26/09/2026

	25 M	50 M	
PB		00:27.00	
	00:27.00		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:3, starttime: 16:35

Heat: 3/4 Lane : 7 Athlete: DEGRANDE AN — **Q-time: 01:23:40**

PB (25m pool): 01:23.40 TEMSE 23/11/2025 — **PB (50m pool):** 01:29.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.28		01:23.40	
	00:37.28		*00:46.12*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: