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

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

Coaches: Mulkers Lander HEADCOACH

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

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

Heat: 2/7 Lane : 4 Athlete: DESAIR ANNA-LOUISE **Q-time: 02:35:78**

PB (25m pool): 02:35.78 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:44.50 **SB:** 02:35.78 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.32		01:14.88		01:55.93		02:35.78
		00:35.32		*00:39.56*		*00:41.05*		*00:39.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 6 Athlete: VANDER MEER NOOR **Q-time: 02:32:79**

PB (25m pool): 02:32.79 Hasselt 04/10/2026 **PB (50m pool):** 02:35.53 **SB:** 02:32.79 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.14		01:13.58		01:53.77		02:32.79
		00:35.14		*00:38.44*		*00:40.19*		*00:39.02*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: VANDER MEER AMBER **Q-time: 02:29:14**

PB (25m pool): 02:29.14 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:33.69 **SB:** 02:29.14 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.04		01:11.65		01:50.32		02:29.14
		00:34.04		*00:37.61*		*00:38.67*		*00:38.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/7 Lane : 5 Athlete: GERETS ANNELIEN — **Q-time: 02:27:54**

PB (25m pool): 02:27.54 Hasselt 04/10/2026 — **PB (50m pool):** 02:32.81 **SB:** 02:27.54 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.31		01:12.51		01:50.80		02:27.54
		00:34.31		*00:38.20*		*00:38.29*		*00:36.74*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/7 Lane : 2 Athlete: COPERMANS SAM — **Q-time: 02:22:27**

PB (25m pool): 02:22.27 Hasselt 12/10/2025 — **PB (50m pool):** 02:27.11 **SB:** 02:22.48 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.44		01:09.50		01:47.48		02:22.27
		00:32.44		*00:37.06*		*00:37.98*		*00:34.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/7 Lane : 6 Athlete: THEWISSEN MIRTHE — **Q-time: 02:22:24**

PB (25m pool): 02:22.24 Hasselt 04/10/2026 — **PB (50m pool):** 02:23.96 **SB:** 02:22.24 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.74		01:08.67		01:45.58		02:22.24
		00:32.74		*00:35.93*		*00:36.91*		*00:36.66*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ — Heat:1, starttime: 16:05

Heat: 1/3 Lane : 6 Athlete: SPREUWERS LEI — **Q-time: 03:19:10**

PB (25m pool): 03:19.10 3500 Hasselt 18/10/2026 — **PB (50m pool):** 03:42.97 **SB:** 03:19.10 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.02		01:36.45		02:28.41		03:19.10
		00:44.02		*00:52.43*		*00:51.96*		*00:50.69*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:3, starttime: 16:20

Heat: 3/4 Lane : 4 Athlete: LENAERTS JULIA — **Q-time: 00:39:63**

PB (25m pool): 00:39.63 LEUVEN 15/11/2026 **PB (50m pool):** 00:43.90 **SB:** 00:39.63 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:39.63	
	00:39.63		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 8 Athlete: VANDER MEER AMBER — **Q-time: 00:38:93**

PB (25m pool): 00:38.93 LEUVEN 15/11/2026 **PB (50m pool):** 00:40.77 **SB:** 00:38.93 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:38.93	
	00:38.93		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/8 Lane : 3 Athlete: SPREUWERS LEI — **Q-time: 00:35:38**

PB (25m pool): 00:35.38 LEUVEN 15/11/2026 **PB (50m pool):** 00:36.88 **SB:** 00:35.38 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:35.38	
	00:35.38		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:1, starttime: 16:35

Heat: 1/4 Lane : 4 Athlete: VANDER MEER NOOR — **Q-time: 01:35:37**

PB (25m pool): 01:40.14 Beringen 08/02/2026 **PB (50m pool):** 01:35.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.99		01:40.14	
	00:44.99		*00:55.15*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 8 Athlete: DESAIR ANNA-LOUISE — **Q-time: 01:33:21**

PB (25m pool): 01:39.24 Beringen 08/02/2026 **PB (50m pool):** 01:33.21 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.31		01:39.24	
		00:44.31		*00:54.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 6 Athlete: GERETS ANNELIEN — **Q-time: 01:22:87**

PB (25m pool): 01:22.87 Pelt 27/09/2026 **PB (50m pool):** 01:24.30 **SB:** 01:22.87 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.18		01:22.87	
		00:36.18		*00:46.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 6 Athlete: COPERMANS SAM — **Q-time: 01:15:41**

PB (25m pool): 01:15.41 Hasselt 04/05/2025 **PB (50m pool):** 01:18.86 **SB:** 01:19.69 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.19		01:15.41	
		00:34.19		*00:41.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/6 Lane : 7 Athlete: SPREUWERS LEI — **Q-time: 01:30:92**

PB (25m pool): 01:31.95 Lommel 22/02/2026 **PB (50m pool):** 01:30.92 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.18		01:31.95	
		00:44.18		*00:47.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 12: 100M BACKSTROKE MEN 13+ **Heat:4, starttime: 16:50**

Heat: 4/6 Lane : 3 Athlete: HOUSEN ILYA **Q-time: 01:14:26**

PB (25m pool): 01:14.26 Hasselt 04/10/2026 **PB (50m pool):** 01:16.51 **SB:** 01:14.26 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.39		01:14.26	
		00:36.39		*00:37.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: