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

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

Coaches: Valvekens Cindy

Coaches: Lievens Stijn HEADCOACH

Coaches: Dormaels Caroline

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 : 1 Athlete: WILLEN LUNA **Q-time: 02:40:18**

PB (25m pool): 02:40.18 Zwembad De Motte 14/07/2026 **PB (50m pool):** 02:45.43 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.48		01:19.40		no time		02:40.18
		00:37.48		*00:41.92*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 4 Athlete: DE CAT DO **Q-time: 02:31:91**

PB (25m pool): 02:31.91 Tienen 27/09/2026 **PB (50m pool):** 02:34.45 **SB:** 02:31.91 Tienen 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.94		01:14.64		no time		02:31.91
		00:35.94		*00:38.70*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 3 Athlete: SILVERANS MILA **Q-time: 02:30:07**

PB (25m pool): 02:30.07 Tienen 27/09/2026 **PB (50m pool):** 02:32.61 **SB:** 02:30.07 Tienen 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.67		01:13.79		no time		02:30.07
		00:34.67		*00:39.12*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/4 Lane : 1 Athlete: FEYAERTS SAVANNAH — **Q-time: 00:45:67**

PB (25m pool): 00:45.67 Herentals 09/05/2026 **PB (50m pool):** 00:46.41 **SB:** no time

	25 M	50 M	
PB		00:45.67	
		00:45.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 2 Athlete: DE CAT DO — **Q-time: 00:43:11**

PB (25m pool): 00:43.11 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** 00:44.91 **SB:** 00:44.97 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:43.11	
		00:43.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/8 Lane : 3 Athlete: VERHEYEN STEPHEN — **Q-time: 00:29:72**

PB (25m pool): 00:29.15 LEUVEN 15/11/2026 **PB (50m pool):** 00:30.54 **SB:** 00:29.15 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:29.15	
		00:29.15	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/8 Lane : 8 Athlete: VERBRUGGEN MATS — **Q-time: 00:29:32**

PB (25m pool): 00:29.32 LEUVEN. 22/02/2026 **PB (50m pool):** 00:29.87 **SB:** 00:29.49 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:29.32	
		00:29.32	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/8 Lane : 1 Athlete: ASSCHERICKX SEBASTIAAN — **Q-time: 00:27:60**

PB (25m pool): 00:27.60 Aarschot 26/04/2026 — **PB (50m pool):** 00:27.96 **SB:** 00:27.65 Leuven 04/10/2026

	25 M	50 M	
PB		00:27.60	
		00:27.60	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 2 Athlete: VANHELMONT DANTE — **Q-time: 00:27:45**

PB (25m pool): 00:27.45 Leuven 04/10/2026 — **PB (50m pool):** 00:28.45 **SB:** 00:27.45 Leuven 04/10/2026

	25 M	50 M	
PB		00:27.45	
		00:27.45	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 6 Athlete: FEYAERTS SAVANNAH — **Q-time: 01:37:95**

PB (25m pool): 01:37.95 Pelt 27/09/2026 — **PB (50m pool):** 01:39.33 **SB:** 01:37.95 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:48.17		01:37.95	
		00:48.17		*00:49.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 8 Athlete: SILVERANS MILA — **Q-time: 01:18:24**

PB (25m pool): 01:18.24 LEUVEN 23/11/2025 — **PB (50m pool):** 01:20.22 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.28		01:18.24	
		00:35.28		*00:42.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/6 Lane : 5 Athlete: VERBRUGGEN MATS — **Q-time: 01:25:13**

PB (25m pool): 01:24.91 LEUVEN 24/11/2024 **PB (50m pool):** 01:26.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.49		01:24.91	
		00:41.49		*00:43.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 8 Athlete: VERHEYEN STEPHEN — **Q-time: 01:20:25**

PB (25m pool): 01:20.25 Sinbad 22/07/2025 **PB (50m pool):** 01:23.46 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.21		01:20.25	
		00:38.21		*00:42.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 5 Athlete: VANHELMONT DANTE — **Q-time: 01:14:13**

PB (25m pool): 01:16.44 Aarschot 26/04/2026 **PB (50m pool):** 01:14.13 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.39		01:16.44	
		00:37.39		*00:39.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 1 Athlete: ASSCHERICKX SEBASTIAAN — **Q-time: 01:08:19**

PB (25m pool): 01:08.19 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:12.31 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.76		01:08.19	
		00:32.76		*00:35.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: