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

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

Coaches: Vanmeerbeek Rob HEADCOACH

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

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

Heat: 4/7 Lane : 1 Athlete: GADEYNE OLIVIA — **Q-time: 02:31:44**

PB (25m pool): 02:31.44 Tremelo 24/05/2026 **PB (50m pool):** 02:40.74 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.41		01:14.40		no time		02:31.44
		00:35.41		*00:38.99*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/7 Lane : 8 Athlete: BURSSENS EMMA — **Q-time: 02:24:76**

PB (25m pool): 02:24.76 LEUVEN 23/11/2025 **PB (50m pool):** 02:27.83 **SB:** 02:29.33 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.87		01:09.47		01:47.49		02:24.76
		00:32.87		*00:36.60*		*00:38.02*		*00:37.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/8 Lane : 5 Athlete: NAUDé DANIëL — **Q-time: 00:30:43**

PB (25m pool): 00:30.43 LEUVEN 15/11/2026 **PB (50m pool):** 00:31.40 **SB:** 00:30.43 LEUVEN 15/11/2026

	25M	50M	
PB		00:30.43	
		00:30.43	
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Coach feedback:

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

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

Heat: 2/4 Lane : 4 Athlete: GADEYNE OLIVIA — **Q-time: 01:25:63**

PB (25m pool): 01:25.63 Aartselaar 01/11/2026 — **PB (50m pool):** 01:44.09 **SB:** 01:25.63 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.36		01:25.63	
		00:38.36		*00:47.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 1 Athlete: DERAEMAECKER LANDER — **Q-time: 01:23:51**

PB (25m pool): 01:31.45 Leuven 20/10/2024 — **PB (50m pool):** 01:23.51 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:31.45	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 6 Athlete: NAUDé DANIëL — **Q-time: 01:10:25**

PB (25m pool): 01:10.25 LEUVEN 15/11/2026 — **PB (50m pool):** 01:16.68 **SB:** 01:10.25 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.83		01:10.25	
		00:33.83		*00:36.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: