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

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

Coaches: Van der Plas Koen HEADCOACH

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

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 15:45

Heat: 1/7 Lane : 1 Athlete: VAN DER PLAS SANNE **Q-time: 02:55:80**

PB (25m pool): 02:55.80 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 03:15.90 **SB:** 02:55.80 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.97		01:25.81		02:12.56		02:55.80
		00:39.97		*00:45.84*		*00:46.75*		*00:43.24*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 15:45

Heat: 1/7 Lane : 5 Athlete: EYCKEN ENORA **Q-time: 02:44:30**

PB (25m pool): 02:44.30 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 02:44.30 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.07		01:18.78		02:02.77		02:44.30
		00:38.07		*00:40.71*		*00:43.99*		*00:41.53*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 15:45

Heat: 1/7 Lane : 7 Athlete: MAERTENS LOTTE **Q-time: 02:55:77**

PB (25m pool): 02:55.77 Sint-Amandsberg 19/10/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:40.42		01:24.70		02:10.18		02:55.77
		00:40.42		*00:44.28*		*00:45.48*		*00:45.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/7 Lane : 1 Athlete: BAEYE ROMY — **Q-time: 02:34:62**

PB (25m pool): 02:34.62 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:35.47 **SB:** 02:34.62 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.00		01:13.57		01:54.23		02:34.62
		00:35.00		*00:38.57*		*00:40.66*		*00:40.39*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 4 Athlete: DE MEY AURORA — **Q-time: 02:29:33**

PB (25m pool): 02:29.33 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:35.74 **SB:** 02:29.33 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.09		01:13.52		01:52.45		02:29.33
		00:35.09		*00:38.43*		*00:38.93*		*00:36.88*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 5 Athlete: FRANKE MARIA LAYLA — **Q-time: 02:29:51**

PB (25m pool): 02:29.51 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:30.50 **SB:** 02:29.51 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.99		01:11.87		01:50.92		02:29.51
		00:33.99		*00:37.88*		*00:39.05*		*00:38.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 6 Athlete: CLAEYS ELISE — **Q-time: 02:28:02**

PB (25m pool): 02:28.02 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:33.57 **SB:** 02:28.02 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.70		01:11.85		01:50.18		02:28.02
		00:33.70		*00:38.15*		*00:38.33*		*00:37.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/3 Lane : 2 Athlete: HUENS BRIEK — **Q-time: 03:26:69**

PB (25m pool): no time **PB (50m pool):** 03:26.69 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 4 Athlete: BODDAERT LUCAS — **Q-time: 02:56:97**

PB (25m pool): 02:56.97 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 03:00.34 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.55		01:25.66		02:11.67		02:56.97
	00:40.55		*00:45.11*		*00:46.01*		*00:45.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: DE STROOPER ZEV — **Q-time: 02:49:38**

PB (25m pool): 02:49.38 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:56.64 **SB:** 02:49.38 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.80		01:20.21		02:05.16		02:49.38
	00:36.80		*00:43.41*		*00:44.95*		*00:44.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: RABAEYS LUCAS — **Q-time: 02:47:64**

PB (25m pool): 02:47.64 EEKLO 04/10/2026 **PB (50m pool):** 02:53.43 **SB:** 02:47.64 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.06		01:21.31		no time		02:47.64
	00:38.06		*00:43.25*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:1, starttime: 16:20

Heat: 1/4 Lane : 4 Athlete: VAN DER PLAS SANNE — **Q-time: 00:47:57**

PB (25m pool): 00:47.57 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:49.53 **SB:** 00:47.57 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:47.57	
		00:47.57	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:1, starttime: 16:20

Heat: 1/4 Lane : 5 Athlete: MAERTENS LOTTE — **Q-time: 00:47:80**

PB (25m pool): 00:47.80 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:47.80 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:47.80	
		00:47.80	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 7 Athlete: EYCKEN ENORA — **Q-time: 00:44:88**

PB (25m pool): 00:44.88 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:44.88 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:44.88	
		00:44.88	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 3 Athlete: VAN NIEUWENHOVE LAURIEN — **Q-time: 00:36:82**

PB (25m pool): 00:33.23 Sint Amandsberg 10/11/2019 **PB (50m pool):** 00:35.13 **SB:** no time

	25 M	50 M	
PB		00:33.23	
		00:33.23	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/8 Lane : 2 Athlete: DUMONT SIEBE — **Q-time: 00:36:05**

PB (25m pool): 00:36.05 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:33.05 **SB:** no time

	25 M	50 M	
PB		00:36.05	
	00:36.05		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/8 Lane : 7 Athlete: DE STROOPER ZEV — **Q-time: 00:30:10**

PB (25m pool): 00:30.85 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:30.10 **SB:** no time

	25 M	50 M	
PB		00:30.85	
	00:30.85		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 4 Athlete: HUENS WARRE — **Q-time: 00:27:69**

PB (25m pool): 00:27.69 Eeklo 21/09/2025 **PB (50m pool):** 00:28.06 **SB:** no time

	25 M	50 M	
PB		00:27.69	
	00:27.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 5 Athlete: VERMEULEN DAAN — **Q-time: 00:27:74**

PB (25m pool): 00:27.74 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:28.87 **SB:** 00:27.74 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:27.74	
	00:27.74		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/8 Lane : 7 Athlete: VIAENE MAXIM — **Q-time: 00:28:04**

PB (25m pool): 00:27.90 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:28.04 **SB:** no time

	25 M	50 M	
PB		00:27.90	
		00:27.90	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 3 Athlete: BULCKAEN KORNEEL — **Q-time: 00:27:36**

PB (25m pool): 00:27.36 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:28.28 **SB:** 00:27.36 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:27.36	
		00:27.36	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 4 Athlete: ROSIERS MATHIAS — **Q-time: 00:27:14**

PB (25m pool): 00:27.14 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:28.35 **SB:** 00:27.14 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:27.14	
		00:27.14	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 5 Athlete: LANNOY CAS — **Q-time: 00:27:17**

PB (25m pool): 00:27.17 Sinbad 22/07/2025 **PB (50m pool):** 00:27.80 **SB:** no time

	25 M	50 M	
PB		00:27.17	
		00:27.17	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/8 Lane : 2 Athlete: DE BAL SUIJS MAURO — **Q-time: 00:26:82**

PB (25m pool): 00:26.82 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:28.51 **SB:** 00:26.82 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:26.82	
	00:26.82		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 2 Athlete: BAEYE ROMY — **Q-time: 01:40:82**

PB (25m pool): 01:44.38 LAGO Zwevegem 09/06/2025 **PB (50m pool):** 01:40.82 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.70		01:44.38	
		00:48.70	*00:55.68*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 3 Athlete: FRANKE MARIA LAYLA — **Q-time: 01:36:16**

PB (25m pool): no time **PB (50m pool):** 01:36.16 **SB:** no time

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

Coach feedback:

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

Heat: 3/4 Lane : 4 Athlete: DE MEY AURORA — **Q-time: 01:18:37**

PB (25m pool): 01:18.37 EEKLO 04/10/2026 **PB (50m pool):** 01:21.78 **SB:** 01:18.37 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.24		01:18.37	
		00:35.24	*00:43.13*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 3 Athlete: ANSEEUW LIEZE — **Q-time: 01:14:88**

PB (25m pool): 01:14.88 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:16.00 **SB:** 01:14.88 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.60		01:14.88	
	00:34.60		*00:40.28*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 4 Athlete: RABAEYS LUCAS — **Q-time: 01:20:38**

PB (25m pool): 01:20.38 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:25.51 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.10		01:20.38	
	00:39.10		*00:41.28*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 5 Athlete: DE STROOPER ZEV — **Q-time: 01:20:82**

PB (25m pool): 01:20.82 EEKLO 04/10/2026 **PB (50m pool):** 01:24.07 **SB:** 01:20.82 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.66		01:20.82	
	00:39.66		*00:41.16*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: BODDAERT LUCAS — **Q-time: 01:15:31**

PB (25m pool): 01:15.31 BEERNEM 19/09/2026 **PB (50m pool):** 01:18.14 **SB:** 01:15.31 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.68		01:15.31	
	00:36.68		*00:38.63*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 8 Athlete: ROSIERS MATHIAS **Q-time: 01:08:23**

PB (25m pool): 01:08.23 EEKLO 04/10/2026 **PB (50m pool):** 01:09.52 **SB:** 01:08.23 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.84		01:08.23	
		00:32.84		*00:35.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: