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

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

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

Coaches: Januarius Bart

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

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:6, starttime: 16:00

Heat: 6/7 Lane : 3 Athlete: GHISLAIN JULIETTE **Q-time: 02:25:12**

PB (25m pool): 02:25.12 Gent 23/02/2025 **PB (50m pool):** 02:30.45 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.01		01:09.93		01:47.71		02:25.12
		00:33.01		*00:36.92*		*00:37.78*		*00:37.41*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ Heat:6, starttime: 16:00

Heat: 6/7 Lane : 8 Athlete: GHISLAIN EMILIE **Q-time: 02:26:73**

PB (25m pool): 02:26.73 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** 02:28.58 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.66		01:10.38		no time		02:26.73
		00:33.66		*00:36.72*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/3 Lane : 4 Athlete: GEURTS VALENTIN **Q-time: 03:13:15**

PB (25m pool): 03:09.17 LEUVEN - Sportoase 22/12/2024 **PB (50m pool):** 03:13.15 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.12		01:31.09		02:20.82		03:09.17
		00:42.12		*00:48.97*		*00:49.73*		*00:48.35*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/3 Lane : 6 Athlete: SAADEH NAYIM **Q-time: 03:00:77**

PB (25m pool): 03:00.77 Leuven 04/10/2026 **PB (50m pool):** 03:02.85 **SB:** 03:00.77 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.53		01:27.20		02:14.95		03:00.77
		00:40.53		*00:46.67*		*00:47.75*		*00:45.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/8 Lane : 2 Athlete: SAADEH NAYIM **Q-time: 00:30:08**

PB (25m pool): 00:30.08 Tervuren 10/10/2026 **PB (50m pool):** 00:31.49 **SB:** 00:30.08 Tervuren 10/10/2026

	25 M	50 M	
PB		00:30.08	
		00:30.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/8 Lane : 2 Athlete: GHISLAIN ANTOINE **Q-time: 00:28:94**

PB (25m pool): 00:28.94 Leuven 04/10/2026 **PB (50m pool):** 00:32.05 **SB:** 00:28.94 Leuven 04/10/2026

	25 M	50 M	
PB		00:28.94	
		00:28.94	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 8 Athlete: VEKEMAN KWINTE **Q-time: 00:27:64**

PB (25m pool): 00:27.64 Tervuren 10/10/2026 **PB (50m pool):** 00:28.95 **SB:** 00:27.64 Tervuren 10/10/2026

	25 M	50 M	
PB		00:27.64	
		00:27.64	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:8, starttime: 16:30

Heat: 8/8 Lane : 2 Athlete: SMISMANS KAMIL — **Q-time: 00:26:12**

PB (25m pool): 00:26.12 LEUVEN 23/11/2025 **PB (50m pool):** 00:27.42 **SB:** 00:26.59 Leuven 04/10/2026

	25M	50M
PB		00:26.12
	00:26.12	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ — Heat:8, starttime: 16:30

Heat: 8/8 Lane : 6 Athlete: WALDMAN JONATHAN — **Q-time: 00:26:09**

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

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

Coach feedback:

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

Heat: 2/4 Lane : 2 Athlete: GHISLAIN EMILIE — **Q-time: 01:28:24**

PB (25m pool): 01:34.15 Overijse 25/11/2023 **PB (50m pool):** 01:28.24 **SB:** no time

	25M	50M	75M	100M
PB		no time		01:34.15
		no time		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 7 Athlete: GHISLAIN ANTOINE — **Q-time: 01:15:26**

PB (25m pool): 01:15.26 Leuven 04/10/2026 **PB (50m pool):** 01:17.58 **SB:** 01:15.26 Leuven 04/10/2026

	25M	50M	75M	100M
PB		00:36.28		01:15.26
	00:36.28		*00:38.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/6 Lane : 1 Athlete: GEURTS VALENTIN — **Q-time: 01:12:06**

PB (25m pool): 01:12.06 Gemeentelijk zwembad Heuvelkou 11/12/2021 **PB (50m pool):** 01:13.74 **SB:** 01:12.06 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:34.24		01:12.06	
		00:34.24		*00:37.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 3 Athlete: VEKEMAN KWINTE — **Q-time: 01:09:89**

PB (25m pool): 01:09.63 Gemeentelijk zwembad Heuvelkou 11/12/2021 **PB (50m pool):** 01:11.10 **SB:** 01:09.63 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:33.50		01:09.63	
		00:33.50		*00:36.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 3 Athlete: SMISMANS KAMIL — **Q-time: 01:06:53**

PB (25m pool): 01:07.70 Leuven 20/10/2024 **PB (50m pool):** 01:10.02 **SB:** 01:08.51 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:07.70	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 4 Athlete: WALDMAN JONATHAN — **Q-time: 01:04:51**

PB (25m pool): 01:04.97 Gemeentelijk zwembad Heuvelkou 11/12/2021 **PB (50m pool):** no time **SB:** 01:04.97 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:31.69		01:04.97	
		00:31.69		*00:33.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: