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

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

Coaches: Defoin Steven

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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

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

Heat: 1/4 Lane : 3 Athlete: WANTEN LAURA **Q-time: 00:50:68**

PB (25m pool): 00:50.68 Hannuit 28/03/2026 **PB (50m pool):** 00:53.24 **SB:** no time

	2 5 M	5 0 M	
PB		00:50.68	
		00:50.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/8 Lane : 7 Athlete: DELSIENE STAN **Q-time: 00:38:35**

PB (25m pool): 00:38.35 Pelt 27/09/2026 **PB (50m pool):** 00:41.00 **SB:** 00:38.35 Pelt 27/09/2026

	2 5 M	5 0 M	
PB		00:38.35	
		00:38.35	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/8 Lane : 7 Athlete: VRANKEN IAN **Q-time: 00:33:13**

PB (25m pool): 00:34.67 Hannuit 28/03/2026 **PB (50m pool):** 00:33.13 **SB:** no time

	2 5 M	5 0 M	
PB		00:34.67	
		00:34.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/8 Lane : 5 Athlete: WERY MILAN **Q-time: 00:28:53**

PB (25m pool): 00:28.53 Hasselt 04/10/2026 **PB (50m pool):** 00:28.94 **SB:** 00:28.53 Hasselt 04/10/2026

	2 5 M	5 0 M	
PB		00:28.53	
		00:28.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/8 Lane : 6 Athlete: RUYMEN SIEBE **Q-time: 00:28:71**

PB (25m pool): 00:29.26 Beringen 08/02/2026 **PB (50m pool):** 00:28.71 **SB:** no time

	2 5 M	5 0 M	
PB		00:29.26	
		00:29.26	
	. . : . . : . .	. . : . . : . .	

Coach feedback: