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

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

Coaches: Bartholomeus Pieter

Coaches: Germonpré Niels 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 : 6 Athlete: LOWAGIE LOLA **Q-time: 02:30:31**

PB (25m pool): 02:30.31 Brugge 04/10/2026 **PB (50m pool):** 02:35.74 **SB:** 02:30.31 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.43		01:12.25		01:51.54		02:30.31
		00:34.43		*00:37.82*		*00:39.29*		*00:38.77*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/8 Lane : 1 Athlete: GARMYN LEON **Q-time: 00:28:31**

PB (25m pool): 00:28.31 Waregem 26/09/2026 **PB (50m pool):** 00:28.70 **SB:** 00:28.31 Waregem 26/09/2026

	25M	50M	
PB		00:28.31	
		00:28.31	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 3 Athlete: NEYRINCK LOïCK **Q-time: 00:27:79**

PB (25m pool): 00:27.79 Brugge 04/10/2026 **PB (50m pool):** 00:28.05 **SB:** 00:27.79 Brugge 04/10/2026

	25M	50M	
PB		00:27.79	
		00:27.79	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 6 Athlete: GERMONPRé CéZANNE — **Q-time: 01:27:56**

PB (25m pool): 01:27.56 Ieper 04/01/2026 **PB (50m pool):** 01:29.02 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.85		01:27.56	
		00:40.85		*00:46.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 4 Athlete: GERMONPRé ACHIEL — **Q-time: 01:13:37**

PB (25m pool): 01:18.42 Veurne 19/10/2025 **PB (50m pool):** 01:13.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.17		01:18.42	
		00:38.17		*00:40.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 8 Athlete: GARMYN LEON — **Q-time: 01:12:44**

PB (25m pool): 01:12.44 Zwevegem 31/05/2026 **PB (50m pool):** 01:12.91 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.08		01:12.44	
		00:35.08		*00:37.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: