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

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

Coaches: Van de Weyer Rune

Coaches: Mertens Wenke

Coaches: Fobelets Jos

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

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

Heat: 3/7 Lane : 7 Athlete: VAN ROOSBROECK YUNA **Q-time: 02:33:66**

PB (25m pool): 02:33.66 Antwerpen 12/10/2025 **PB (50m pool):** 02:41.75 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.03		01:14.62		01:55.82		02:33.66
		00:35.03		*00:39.59*		*00:41.20*		*00:37.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/7 Lane : 6 Athlete: LAUREYS XANTE **Q-time: 02:25:16**

PB (25m pool): 02:25.16 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 02:25.16 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.57		01:12.47		01:50.32		02:25.16
		00:34.57		*00:37.90*		*00:37.85*		*00:34.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/7 Lane : 7 Athlete: VAN AERSCHOT NEL **Q-time: 02:24:04**

PB (25m pool): 02:24.04 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:32.46 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.50		01:08.89		01:46.79		02:24.04
		00:32.50		*00:36.39*		*00:37.90*		*00:37.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/4 Lane : 1 Athlete: VAN ROOSBROECK YUNA — **Q-time: 00:38:62**

PB (25m pool): 00:38.62 Herentals 09/05/2026 **PB (50m pool):** 00:38.11 **SB:** no time

	25 M	50 M	
PB		00:38.62	
	00:38.62		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/8 Lane : 4 Athlete: SLUYTS JENNE — **Q-time: 00:25:09**

PB (25m pool): 00:25.09 Herentals 09/05/2026 **PB (50m pool):** 00:25.87 **SB:** 00:25.59 Mol 04/10/2026

	25 M	50 M	
PB		00:25.09	
	00:25.09		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: LAUREYS XANTE — **Q-time: 01:21:53**

PB (25m pool): 01:20.97 Arendonk 01/12/2024 **PB (50m pool):** 01:24.19 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.91		01:20.97	
	00:36.91		*00:44.06*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 4 Athlete: VAN AERSCHOT NEL — **Q-time: 01:13:03**

PB (25m pool): 01:13.03 Mol 04/10/2026 **PB (50m pool):** 01:16.19 **SB:** 01:13.03 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.90		01:13.03	
	00:32.90		*00:40.13*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 6 Athlete: SLUYTS JENNE **Q-time: 01:06:93**

PB (25m pool): 01:06.93 Herentals 09/05/2026 **PB (50m pool):** 01:08.59 **SB:** 01:08.19 Mol 04/10/2026

	25M	50M	75M	100M	
PB		00:32.25		01:06.93	
		00:32.25		*00:34.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: