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

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

Coaches: Loos Kim HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

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

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:2, starttime: 15:50

Heat: 2/7 Lane : 2 Athlete: DJONOU IMBA ITZANA — **Q-time: 02:38:33**

PB (25m pool): 02:41.93 Mol 04/10/2026 **PB (50m pool):** 02:38.33 **SB:** 02:41.93 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.82		01:20.26		02:01.94		02:41.93
		00:37.82		*00:42.44*		*00:41.68*		*00:39.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 13+ — Heat:2, starttime: 15:50

Heat: 2/7 Lane : 7 Athlete: VALKENBORGHS YANNE — **Q-time: 02:39:77**

PB (25m pool): 02:39.77 Mol 04/10/2026 **PB (50m pool):** 02:39.77 **SB:** 02:39.77 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.90		01:16.64		01:59.02		02:39.77
		00:35.90		*00:40.74*		*00:42.38*		*00:40.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 2 Athlete: CORNELIS KAAT — **Q-time: 02:28:49**

PB (25m pool): 02:28.49 LEUVEN 15/11/2026 **PB (50m pool):** no time **SB:** 02:28.49 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.86		01:10.98		01:50.46		02:28.49
		00:32.86		*00:38.12*		*00:39.48*		*00:38.03*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE WOMEN 13+ — Heat:3, starttime: 16:20

Heat: 3/4 Lane : 8 Athlete: DJONOU IMBA ITZANA — **Q-time: 00:41:46**

PB (25m pool): 00:41.46 Durmehal 27/09/2026 — **PB (50m pool):** 00:44.63 **SB:** 00:41.46 Durmehal 27/09/2026

	25 M	50 M	
PB		00:41.46	
	00:41.46		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/8 Lane : 4 Athlete: NEYRINCK RUBEN — **Q-time: 00:30:42**

PB (25m pool): 00:30.42 Nijlen 18/10/2026 — **PB (50m pool):** 00:32.02 **SB:** 00:30.42 Nijlen 18/10/2026

	25 M	50 M	
PB		00:30.42	
	00:30.42		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:3, starttime: 16:45

Heat: 3/6 Lane : 3 Athlete: NEYRINCK RUBEN — **Q-time: 01:16:96**

PB (25m pool): 01:13.96 LEUVEN 15/11/2026 — **PB (50m pool):** 01:20.70 **SB:** 01:13.96 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.08		01:13.96	
	00:35.08		*00:38.88*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: