Herfstcriterium 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 08:00 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Caerts Joke HEADCOACH

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:13, starttime: 09:25

Heat: 13/19 Lane : 2 Athlete: KERCKHOFS WOUKE **Q-time: 01:30:08**

PB (25m pool): 01:28.61 Aarschot 11/11/2026 **PB (50m pool):** 01:30.84 **SB:** 01:28.61 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:42.30		01:28.61	
		00:42.30		*00:46.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ Heat:3, starttime: 09:45

Heat: 3/14 Lane : 7 Athlete: VANINBROUKX TOON **Q-time: 01:29:38**

PB (25m pool): 01:29.38 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.42		01:29.38	
		00:40.42		*00:48.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 Heat:8, starttime: 10:15

Heat: 8/10 Lane : 1 Athlete: VANGENECHTEN MATTHIAS **Q-time: 00:41:41**

PB (25m pool): 00:41.41 Leuven 04/10/2026 **PB (50m pool):** 00:42.83 **SB:** 00:41.41 Leuven 04/10/2026

	25 M	50 M	
PB		00:41.41	
		00:41.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:19, starttime: 10:40

Heat: 19/20 Lane : 7 Athlete: KERCKHOFS NIENKE — **Q-time: 00:33:15**

PB (25m pool): 00:33.62 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:33.15 **SB:** no time

	25M	50M
PB		00:33.62
		00:33.62
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:3, starttime: 10:50

Heat: 3/9 Lane : 6 Athlete: VANINBROUKX TOON — **Q-time: 02:56:10**

PB (25m pool): 02:46.24 LEUVEN 15/11/2026 **PB (50m pool):** no time **SB:** 02:46.24 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.58		01:22.62		02:05.47		02:46.24
		00:39.58		*00:43.04*		*00:42.85*		*00:40.77*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:7, starttime: 11:30

Heat: 7/15 Lane : 2 Athlete: SMEETS LOU — **Q-time: 01:19:50**

PB (25m pool): 01:20.36 Aarschot 11/11/2026 **PB (50m pool):** 01:19.50 **SB:** 01:20.36 Aarschot 11/11/2026

	25M	50M	75M	100M
PB		00:38.24		01:20.36
		00:38.24		*00:42.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:7, starttime: 11:30

Heat: 7/15 Lane : 3 Athlete: BERTOLAZZI MONA — **Q-time: 01:19:04**

PB (25m pool): 01:19.04 Pelt 27/09/2026 **PB (50m pool):** 01:22.15 **SB:** 01:19.04 Pelt 27/09/2026

	25M	50M	75M	100M
PB		00:37.92		01:19.04
		00:37.92		*00:41.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:8, starttime: 11:30

Heat: 8/15 Lane : 8 Athlete: VANMECHELEN KATO — **Q-time: 01:18:70**

PB (25m pool): 01:15.66 Aarschot 11/11/2026 — **PB (50m pool):** 01:21.44 **SB:** 01:15.66 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.93		01:15.66	
		00:36.93		*00:38.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:11, starttime: 11:40

Heat: 11/15 Lane : 7 Athlete: VANGENECHTEN ANNA — **Q-time: 01:16:02**

PB (25m pool): 01:13.63 Aarschot 11/11/2026 — **PB (50m pool):** 01:16.78 **SB:** 01:13.63 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.44		01:13.63	
		00:35.44		*00:38.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:8, starttime: 12:05

Heat: 8/11 Lane : 1 Athlete: VANGENECHTEN MATTHIAS — **Q-time: 01:41:84**

PB (25m pool): 01:41.84 Leuven 04/10/2026 — **PB (50m pool):** 01:46.86 **SB:** 01:41.84 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.80		01:41.84	
		00:48.80		*00:53.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: