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

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

Coaches: Melders Peter

Coaches: Geerits Valerie HEADCOACH

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:11, starttime: 09:20

Heat: 11/19 Lane : 2 Athlete: LUDWICZAK LENA **Q-time: 01:31:82**

PB (25m pool): 01:31.82 Bree 21/12/2025 **PB (50m pool):** 01:33.07 **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.06		01:31.82	
		00:44.06		*00:47.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:11, starttime: 09:20

Heat: 11/19 Lane : 5 Athlete: FRANSSEN EMILY **Q-time: 01:31:55**

PB (25m pool): 01:31.55 Bree 31/05/2026 **PB (50m pool):** 01:36.02 **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.46		01:31.55	
		00:43.46		*00:48.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:12, starttime: 09:25

Heat: 12/19 Lane : 5 Athlete: VANDEWAERDE OOBE **Q-time: 01:30:45**

PB (25m pool): 01:30.45 Herentals 09/05/2026 **PB (50m pool):** 01:32.85 **SB:** 01:30.50 Hasselt 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.25		01:30.45	
		00:44.25		*00:46.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:19, starttime: 09:40

Heat: 19/19 Lane : 3 Athlete: LAMBRIGTS GITTE — **Q-time: 01:19:34**

PB (25m pool): 01:19.34 Hasselt 04/10/2026 — **PB (50m pool):** 01:21.41 **SB:** 01:19.34 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.97		01:19.34	
		00:37.97		*00:41.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:19, starttime: 09:40

Heat: 19/19 Lane : 8 Athlete: VANGELOVEN FRAN — **Q-time: 01:22:37**

PB (25m pool): 01:22.37 Hasselt 04/10/2026 — **PB (50m pool):** 01:22.66 **SB:** 01:22.37 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.80		01:22.37	
		00:38.80		*00:43.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 10:15

Heat: 7/10 Lane : 3 Athlete: BIESIADECKI ALEXANDER — **Q-time: 00:41:68**

PB (25m pool): 00:41.68 Herentals 09/05/2026 — **PB (50m pool):** 00:45.10 **SB:** 00:44.90 Hasselt 04/10/2026

	25 M	50 M	
PB		00:41.68	
		00:41.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/10 Lane : 8 Athlete: NIJS VIKTOR — **Q-time: 00:41:53**

PB (25m pool): 00:45.10 Temse 17/11/2025 — **PB (50m pool):** 00:41.53 **SB:** no time

	25 M	50 M	
PB		00:45.10	
		00:45.10	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:9, starttime: 10:15

Heat: 9/10 Lane : 6 Athlete: SEGERS FERRE — **Q-time: 00:39:82**

PB (25m pool): 00:39.82 Hasselt 04/10/2026 **PB (50m pool):** 00:45.38 **SB:** 00:39.82 Hasselt 04/10/2026

	25 M	50 M	
PB		00:39.82	
		00:39.82	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:8, starttime: 10:30

Heat: 8/20 Lane : 7 Athlete: VANDEWAERDE OOBE — **Q-time: 00:37:99**

PB (25m pool): 00:37.99 Hasselt 04/10/2026 **PB (50m pool):** 00:38.78 **SB:** 00:37.99 Hasselt 04/10/2026

	25 M	50 M	
PB		00:37.99	
		00:37.99	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/20 Lane : 3 Athlete: VANGELOVEN FRAN — **Q-time: 00:34:51**

PB (25m pool): 00:34.51 Hasselt 04/10/2026 **PB (50m pool):** 00:36.32 **SB:** 00:34.51 Hasselt 04/10/2026

	25 M	50 M	
PB		00:34.51	
		00:34.51	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/20 Lane : 5 Athlete: THEUWIS LISABET — **Q-time: 00:34:41**

PB (25m pool): 00:34.41 Bree 31/05/2026 **PB (50m pool):** 00:35.82 **SB:** no time

	25 M	50 M	
PB		00:34.41	
		00:34.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:18, starttime: 10:40

Heat: 18/20 Lane : 2 Athlete: LAMBRIGTS GITTE — **Q-time: 00:33:43**

PB (25m pool): 00:33.43 Hasselt 04/10/2026 **PB (50m pool):** 00:34.83 **SB:** 00:33.43 Hasselt 04/10/2026

	25 M	50 M	
PB		00:33.43	
		00:33.43	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 19/20 Lane : 3 Athlete: BOUSSON JULIE — **Q-time: 00:32:84**

PB (25m pool): 00:32.84 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:35.24 **SB:** no time

	25 M	50 M	
PB		00:32.84	
		00:32.84	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:4, starttime: 11:25

Heat: 4/15 Lane : 4 Athlete: SMEETS ELLA — **Q-time: 01:22:70**

PB (25m pool): 01:22.70 Hasselt 04/10/2026 **PB (50m pool):** 01:33.97 **SB:** 01:22.70 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.05		01:22.70	
		00:39.05	*00:43.65*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/15 Lane : 5 Athlete: SCHROOTEN LIEN — **Q-time: 01:19:02**

PB (25m pool): 01:19.02 Hasselt 04/10/2026 **PB (50m pool):** 01:21.10 **SB:** 01:19.02 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.36		01:19.02	
		00:38.36	*00:40.66*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 12/15 Lane : 5 Athlete: NULENS AZZURRA — **Q-time: 01:14:61**

PB (25m pool): 01:14.61 Bree 21/12/2025 — **PB (50m pool):** 01:13.43 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.85		01:14.61	
		00:35.85		*00:38.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:13, starttime: 11:40

Heat: 13/15 Lane : 7 Athlete: MOORS CALISTA — **Q-time: 01:13:95**

PB (25m pool): 01:13.95 Hasselt 04/10/2026 — **PB (50m pool):** 01:16.81 **SB:** 01:13.95 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.90		01:13.95	
		00:35.90		*00:38.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:5, starttime: 11:55

Heat: 5/11 Lane : 6 Athlete: BIESIADECKI ALEXANDER — **Q-time: 01:47:23**

PB (25m pool): 01:47.23 Eindhoven 28/06/2026 — **PB (50m pool):** 01:51.57 **SB:** 01:48.21 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:51.33		01:47.23	
		00:51.33		*00:55.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:10, starttime: 12:10

Heat: 10/11 Lane : 7 Athlete: NIJS VIKTOR — **Q-time: 01:36:91**

PB (25m pool): 01:36.91 Bree 21/12/2025 — **PB (50m pool):** 01:41.20 **SB:** 01:38.14 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.94		01:36.91	
		00:45.94		*00:50.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 19: 100M BREASTSTROKE MEN 11-12 **Heat:11, starttime: 12:10**

Heat: 11/11 Lane : 4 Athlete: SEGERS FERRE **Q-time: 01:31:06**

PB (25m pool): 01:31.06 Hasselt 04/10/2026 **PB (50m pool):** 01:39.75 **SB:** 01:31.06 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.06		01:31.06	
		00:44.06		*00:47.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: