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

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

Coaches: Smeets Mirthe

Coaches: Kozulya Mila

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:3, starttime: 09:05

Heat: 3/19 Lane : 7 Athlete: BERGHMANS LAUREN **Q-time: 01:46:43**

PB (25m pool): 01:46.43 Nijlen 18/10/2026 **PB (50m pool):** 01:46.46 **SB:** 01:46.43 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.33		01:46.43	
		00:50.33		*00:56.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:5, starttime: 09:10

Heat: 5/19 Lane : 5 Athlete: LBALI ALISA-SARA **Q-time: 01:39:80**

PB (25m pool): 01:39.80 Bilzen 25/01/2026 **PB (50m pool):** 01:39.51 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.82		01:39.80	
		00:47.82		*00:51.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:8, starttime: 09:15

Heat: 8/19 Lane : 7 Athlete: GABRIëLS AMELIA **Q-time: 01:35:34**

PB (25m pool): 01:35.34 Nijlen 18/10/2026 **PB (50m pool):** 01:38.16 **SB:** 01:35.34 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.22		01:35.34	
		00:45.22		*00:50.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:16, starttime: 09:30

Heat: 16/19 Lane : 3 Athlete: DREESSEN LYANA — **Q-time: 01:26:86**

PB (25m pool): 01:25.06 LEUVEN 15/11/2026 **PB (50m pool):** 01:29.74 **SB:** 01:25.06 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.90		01:25.06	
	00:39.90		*00:45.16*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:3, starttime: 10:10

Heat: 3/10 Lane : 2 Athlete: VANDEBROUCK ARNO — **Q-time: 00:46:73**

PB (25m pool): 00:46.73 Bree 31/05/2026 **PB (50m pool):** 00:47.46 **SB:** 00:47.57 Hasselt 04/10/2026

	25 M	50 M	
PB		00:46.73	
	00:46.73		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:4, starttime: 10:10

Heat: 4/10 Lane : 6 Athlete: MWIRI SAM — **Q-time: 00:45:40**

PB (25m pool): 00:45.40 Bree 31/05/2026 **PB (50m pool):** 00:45.74 **SB:** no time

	25 M	50 M	
PB		00:45.40	
	00:45.40		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/10 Lane : 3 Athlete: POORTERS ARNE — **Q-time: 00:39:66**

PB (25m pool): 00:39.66 Nijlen 18/10/2026 **PB (50m pool):** 00:38.20 **SB:** 00:39.66 Nijlen 18/10/2026

	25 M	50 M	
PB		00:39.66	
	00:39.66		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:1, starttime: 10:20

Heat: 1/20 Lane : 5 Athlete: LBALI ALISA-SARA — **Q-time: 00:48:75**

PB (25m pool): 00:48.75 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:48.75	
		00:48.75	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:6, starttime: 10:25

Heat: 6/20 Lane : 4 Athlete: BERGHMANS LAUREN — **Q-time: 00:39:28**

PB (25m pool): 00:39.28 Hasselt 04/10/2026 **PB (50m pool):** 00:38.41 **SB:** 00:39.28 Hasselt 04/10/2026

	25 M	50 M	
PB		00:39.28	
		00:39.28	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/20 Lane : 8 Athlete: DREESSEN LYANA — **Q-time: 00:37:35**

PB (25m pool): 00:37.35 Hasselt 04/10/2026 **PB (50m pool):** 00:40.64 **SB:** 00:37.35 Hasselt 04/10/2026

	25 M	50 M	
PB		00:37.35	
		00:37.35	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/20 Lane : 8 Athlete: GABRIëLS AMELIA — **Q-time: 00:34:85**

PB (25m pool): 00:34.85 Hasselt 04/10/2026 **PB (50m pool):** 00:34.83 **SB:** 00:34.85 Hasselt 04/10/2026

	25 M	50 M	
PB		00:34.85	
		00:34.85	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/15 Lane : 2 Athlete: VANHAEN ALESSIA — **Q-time: 01:13:69**

PB (25m pool): 01:13.69 Hasselt 04/10/2026 — **PB (50m pool):** 01:17.55 **SB:** 01:13.69 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.93		01:13.69	
		00:35.93		*00:37.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/11 Lane : 7 Athlete: VANDEBROUCK ARNO — **Q-time: 01:48:20**

PB (25m pool): 01:48.20 Hasselt 04/10/2026 — **PB (50m pool):** 01:48.72 **SB:** 01:48.20 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.74		01:48.20	
		00:50.74		*00:57.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/11 Lane : 4 Athlete: MWIRI SAM — **Q-time: 01:40:86**

PB (25m pool): 01:40.86 Pelt 27/09/2026 — **PB (50m pool):** 01:50.04 **SB:** 01:40.86 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:45.16		01:40.86	
		00:45.16		*00:55.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:9, starttime: 12:05

Heat: 9/11 Lane : 7 Athlete: POORTERS ARNE — **Q-time: 01:39:93**

PB (25m pool): 01:39.93 Hasselt 04/10/2026 — **PB (50m pool):** 01:42.13 **SB:** 01:39.93 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.37		01:39.93	
		00:47.37		*00:52.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: