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

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:7, starttime: 09:15

Heat: 7/19 Lane : 3 Athlete: VANIERSCHOT LINA **Q-time: 01:35:68**

PB (25m pool): 01:32.53 De Sprink 04/06/2023 **PB (50m pool):** 01:35.68 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:32.53	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:7, starttime: 09:15

Heat: 7/19 Lane : 5 Athlete: DESAIR ANNA-LOUISE **Q-time: 01:35:51**

PB (25m pool): 01:35.51 LEUVEN 15/11/2026 **PB (50m pool):** 01:46.26 **SB:** 01:35.51 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:44.60		01:35.51	
		00:44.60		*00:50.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:7, starttime: 09:15

Heat: 7/19 Lane : 8 Athlete: STRIGENZ ELIEN **Q-time: 01:36:25**

PB (25m pool): 01:38.68 Hasselt 04/10/2026 **PB (50m pool):** 01:36.25 **SB:** 01:38.68 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.02		01:38.68	
		00:46.02		*00:52.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:10, starttime: 09:20

Heat: 10/19 Lane : 2 Athlete: VANDER MEER NOOR **Q-time: 01:32:97**

PB (25m pool): 01:32.97 Pelt 27/09/2026 **PB (50m pool):** 01:39.13 **SB:** 01:32.97 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:44.07		01:32.97	
		00:44.07		*00:48.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/19 Lane : 8 Athlete: GERETS ANNELIEN **Q-time: 01:32:51**

PB (25m pool): 01:35.12 Hasselt 04/05/2025 **PB (50m pool):** 01:32.51 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.58		01:35.12	
		00:45.58		*00:49.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:14, starttime: 09:30

Heat: 14/19 Lane : 6 Athlete: FRANSSEN LYNA **Q-time: 01:29:56**

PB (25m pool): 01:29.56 Hasselt 04/10/2026 **PB (50m pool):** 01:32.51 **SB:** 01:29.56 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.93		01:29.56	
		00:42.93		*00:46.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:15, starttime: 09:30

Heat: 15/19 Lane : 1 Athlete: VANIERSCHOT NORA **Q-time: 01:29:10**

PB (25m pool): 01:29.10 Pelt 27/09/2026 **PB (50m pool):** 01:32.26 **SB:** 01:29.10 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:42.83		01:29.10	
		00:42.83		*00:46.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:17, starttime: 09:35

Heat: 17/19 Lane : 4 Athlete: VANDER MEER AMBER — **Q-time: 01:24:39**

PB (25m pool): 01:24.39 Hasselt 04/10/2026 **PB (50m pool):** 01:27.63 **SB:** 01:24.39 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.21		01:24.39	
		00:40.21		*00:44.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:17, starttime: 09:35

Heat: 17/19 Lane : 8 Athlete: LENAERTS JULIA — **Q-time: 01:26:59**

PB (25m pool): 01:26.59 LEUVEN 15/11/2026 **PB (50m pool):** 01:30.90 **SB:** 01:26.59 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:40.94		01:26.59	
		00:40.94		*00:45.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:18, starttime: 09:35

Heat: 18/19 Lane : 3 Athlete: THEWISSEN MIRTHE — **Q-time: 01:22:84**

PB (25m pool): 01:22.84 Hasselt 04/10/2026 **PB (50m pool):** 01:24.91 **SB:** 01:22.84 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.28		01:22.84	
		00:39.28		*00:43.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:2, starttime: 09:45

Heat: 2/14 Lane : 7 Athlete: SPREUWERS LEI — **Q-time: 01:35:51**

PB (25m pool): 01:35.51 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:35.51	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:5, starttime: 10:25

Heat: 5/20 Lane : 1 Athlete: DESAIR ANNA-LOUISE — **Q-time: 00:41:19**

PB (25m pool): 00:44.03 Hasselt 12/10/2025 **PB (50m pool):** 00:41.19 **SB:** no time

	25 M	50 M	
PB		00:44.03	
	00:44.03		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:7, starttime: 10:30

Heat: 7/20 Lane : 2 Athlete: STRIGENZ ELIEN — **Q-time: 00:38:41**

PB (25m pool): 00:38.41 LEUVEN 15/11/2026 **PB (50m pool):** 00:42.20 **SB:** 00:38.41 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:38.41	
	00:38.41		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:7, starttime: 10:30

Heat: 7/20 Lane : 6 Athlete: LENAERTS JULIA — **Q-time: 00:38:40**

PB (25m pool): 00:38.40 LEUVEN 15/11/2026 **PB (50m pool):** 00:40.20 **SB:** 00:38.40 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:38.40	
	00:38.40		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/20 Lane : 8 Athlete: VANDER MEER NOOR — **Q-time: 00:38:18**

PB (25m pool): 00:39.62 Hasselt 04/10/2026 **PB (50m pool):** 00:38.18 **SB:** 00:39.62 Hasselt 04/10/2026

	25 M	50 M	
PB		00:39.62	
	00:39.62		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:11, starttime: 10:30

Heat: 11/20 Lane : 3 Athlete: VANIERSCHOT NORA — **Q-time: 00:36:63**

PB (25m pool): 00:36.63 Hasselt 12/10/2025 **PB (50m pool):** 00:37.79 **SB:** no time

	25 M	50 M	
PB		00:36.63	
		00:36.63	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:11, starttime: 10:30

Heat: 11/20 Lane : 4 Athlete: FRANSSEN LYNA — **Q-time: 00:36:56**

PB (25m pool): 00:37.89 Hasselt 12/10/2025 **PB (50m pool):** 00:36.56 **SB:** no time

	25 M	50 M	
PB		00:37.89	
		00:37.89	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:12, starttime: 10:35

Heat: 12/20 Lane : 6 Athlete: VANDER MEER AMBER — **Q-time: 00:36:33**

PB (25m pool): 00:37.40 Hasselt 12/10/2025 **PB (50m pool):** 00:36.33 **SB:** no time

	25 M	50 M	
PB		00:37.40	
		00:37.40	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:15, starttime: 10:35

Heat: 15/20 Lane : 1 Athlete: GERETS ANNELIEN — **Q-time: 00:35:01**

PB (25m pool): 00:35.73 Hasselt 12/10/2025 **PB (50m pool):** 00:35.01 **SB:** 00:35.97 Hasselt 04/10/2026

	25 M	50 M	
PB		00:35.73	
		00:35.73	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:20, starttime: 10:40

Heat: 20/20 Lane : 3 Athlete: COPERMANS SAM — **Q-time: 00:32:01**

PB (25m pool): 00:32.01 LEUVEN 15/11/2026 — **PB (50m pool):** 00:32.28 **SB:** 00:32.01 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:32.01	
		00:32.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/15 Lane : 5 Athlete: PUT TYANA — **Q-time: 01:13:48**

PB (25m pool): 01:13.48 LEUVEN 15/11/2026 — **PB (50m pool):** 01:18.54 **SB:** 01:13.48 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.82		01:13.48	
		00:34.82		*00:38.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: