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

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

Coaches: Valvekens Cindy

Coaches: Lievens Stijn HEADCOACH

Coaches: Dormaels Caroline

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

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

Heat: 5/19 Lane : 7 Athlete: FEYAERTS SAVANNAH **Q-time: 01:40:22**

PB (25m pool): 01:40.22 Aarschot 26/04/2026 **PB (50m pool):** 01:43.64 **SB:** 01:41.61 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:46.95		01:40.22	
		00:46.95		*00:53.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:9, starttime: 09:20

Heat: 9/19 Lane : 8 Athlete: GERARD CARYS **Q-time: 01:33:87**

PB (25m pool): 01:33.87 Aarschot 26/04/2026 **PB (50m pool):** 01:39.76 **SB:** 01:35.19 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:45.35		01:33.87	
		00:45.35		*00:48.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/19 Lane : 5 Athlete: LEMBRECHTS SIEN **Q-time: 01:32:69**

PB (25m pool): 01:32.69 Heist-op-den-Berg 10/01/2026 **PB (50m pool):** 01:35.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.65		01:32.69	
		00:43.65		*00:49.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/19 Lane : 8 Athlete: DE CAT DO — **Q-time: 01:33:36**

PB (25m pool): 01:33.36 Aarschot 29/03/2026 **PB (50m pool):** 01:35.60 **SB:** 01:37.53 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:44.56		01:33.36	
		00:44.56		*00:48.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/19 Lane : 8 Athlete: SILVERANS MILA — **Q-time: 01:30:29**

PB (25m pool): 01:24.57 Aarschot 11/11/2026 **PB (50m pool):** 01:33.33 **SB:** 01:24.57 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.20		01:24.57	
		00:39.20		*00:45.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/14 Lane : 3 Athlete: LENDERS PABLO — **Q-time: 01:26:40**

PB (25m pool): 01:20.60 Aarschot 11/11/2026 **PB (50m pool):** no time **SB:** 01:20.60 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:20.60	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:7, starttime: 09:55

Heat: 7/14 Lane : 6 Athlete: VERHEYEN STEPHEN — **Q-time: 01:17:86**

PB (25m pool): 01:17.86 Kapelle-op-den-Bos 11/10/2026 **PB (50m pool):** no time **SB:** 01:17.86 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:17.86	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:10, starttime: 10:00

Heat: 10/14 Lane : 3 Athlete: VERBRUGGEN MATS — **Q-time: 01:13:44**

PB (25m pool): 01:13.44 Aarschot 29/03/2026 **PB (50m pool):** no time **SB:** 01:14.34 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:13.44	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:11, starttime: 10:00

Heat: 11/14 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN — **Q-time: 01:12:38**

PB (25m pool): 01:07.58 Aarschot 11/11/2026 **PB (50m pool):** no time **SB:** 01:07.58 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:07.58	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:12, starttime: 10:00

Heat: 12/14 Lane : 7 Athlete: VANHELMONT DANTE — **Q-time: 01:10:70**

PB (25m pool): 01:10.70 Tienen 26/10/2025 **PB (50m pool):** no time **SB:** 01:12.53 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:10.70	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:1, starttime: 10:05

Heat: 1/10 Lane : 3 Athlete: LENDERS ESTEBAN — **Q-time: 00:57:41**

PB (25m pool): 01:04.26 LEUVEN. 22/02/2026 **PB (50m pool):** 00:57.41 **SB:** no time

	25 M	50 M	
PB		01:04.26	
	01:04.26		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/10 Lane : 3 Athlete: WINNEPENNINCKX FELIX — **Q-time: 00:45:27**

PB (25m pool): 00:46.36 Herentals 09/05/2026 **PB (50m pool):** 00:45.27 **SB:** no time

	25 M	50 M	
PB		00:46.36	
		00:46.36	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/20 Lane : 5 Athlete: WILLEN LUNA — **Q-time: 00:39:30**

PB (25m pool): 00:39.30 Aarschot 27/07/2026 **PB (50m pool):** 00:41.40 **SB:** no time

	25 M	50 M	
PB		00:39.30	
		00:39.30	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/20 Lane : 7 Athlete: FEYAERTS SAVANNAH — **Q-time: 00:36:81**

PB (25m pool): 00:37.17 Aarschot 27/07/2026 **PB (50m pool):** 00:37.34 **SB:** no time

	25 M	50 M	
PB		00:37.17	
		00:37.17	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/20 Lane : 4 Athlete: DE CAT DO — **Q-time: 00:36:08**

PB (25m pool): 00:36.08 Aarschot 27/07/2026 **PB (50m pool):** 00:36.28 **SB:** 00:36.33 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:36.08	
		00:36.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 15/20 Lane : 5 Athlete: GERARD CARYS — **Q-time: 00:34:89**

PB (25m pool): 00:34.89 LEUVEN. 22/02/2026 **PB (50m pool):** 00:35.45 **SB:** no time

	25 M	50 M	
PB		00:34.89	
		00:34.89	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 19/20 Lane : 4 Athlete: SILVERANS MILA — **Q-time: 00:32:75**

PB (25m pool): 00:32.47 LEUVEN 15/11/2026 **PB (50m pool):** 00:32.75 **SB:** 00:32.47 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:32.47	
		00:32.47	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:2, starttime: 10:50

Heat: 2/9 Lane : 8 Athlete: LENDERS PABLO — **Q-time: 03:09:03**

PB (25m pool): 03:13.56 Aarschot 04/05/2025 **PB (50m pool):** 03:09.03 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.38		01:36.74		no time		03:13.56
		00:47.38		*00:49.36*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:9, starttime: 11:15

Heat: 9/9 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN — **Q-time: 02:25:32**

PB (25m pool): 02:25.14 LEUVEN 15/11/2026 **PB (50m pool):** 02:32.04 **SB:** 02:25.14 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.37		01:10.54		01:48.74		02:25.14
		00:33.37		*00:37.17*		*00:38.20*		*00:36.40*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:1, starttime: 11:20

Heat: 1/15 Lane : 4 Athlete: DEGREEF EMELIE — **Q-time: 01:29:31**

PB (25m pool): 01:29.31 Pelt 27/09/2026 — **PB (50m pool):** 01:37.10 **SB:** 01:29.31 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:40.78		01:29.31	
		00:40.78		*00:48.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 11:20

Heat: 2/15 Lane : 4 Athlete: PUT JULIE — **Q-time: 01:26:14**

PB (25m pool): 01:26.14 Aarschot 27/07/2026 — **PB (50m pool):** 01:32.55 **SB:** 01:28.68 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:26.14	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/15 Lane : 5 Athlete: VERHEYEN CHARLOTTE — **Q-time: 01:23:74**

PB (25m pool): 01:23.74 Aarschot 27/07/2026 — **PB (50m pool):** 01:30.05 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:23.74	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:5, starttime: 11:25

Heat: 5/15 Lane : 5 Athlete: WILLEN LENTHE — **Q-time: 01:21:87**

PB (25m pool): 01:18.63 Aarschot 11/11/2026 — **PB (50m pool):** 01:25.77 **SB:** 01:18.63 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.04		01:18.63	
		00:38.04		*00:40.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:6, starttime: 11:30

Heat: 6/15 Lane : 4 Athlete: WILLEM NORE — **Q-time: 01:20:03**

PB (25m pool): 01:17.95 Aarschot 11/11/2026 — **PB (50m pool):** 01:24.50 **SB:** 01:17.95 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:37.55		01:17.95	
		00:37.55		*00:40.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/15 Lane : 3 Athlete: SMEKENS ELLA — **Q-time: 01:15:73**

PB (25m pool): 01:16.52 Pelt 27/09/2026 — **PB (50m pool):** 01:15.73 **SB:** 01:16.52 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.32		01:16.52	
		00:36.32		*00:40.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:14, starttime: 11:45

Heat: 14/15 Lane : 6 Athlete: LEMBRECHTS KAAT — **Q-time: 01:13:02**

PB (25m pool): 01:11.85 Aarschot 11/11/2026 — **PB (50m pool):** 01:15.14 **SB:** 01:11.85 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.07		01:11.85	
		00:34.07		*00:37.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:15, starttime: 11:45

Heat: 15/15 Lane : 7 Athlete: DEXTERS MILA — **Q-time: 01:11:80**

PB (25m pool): 01:11.80 Leuven 04/10/2026 — **PB (50m pool):** 01:14.35 **SB:** 01:11.80 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.08		01:11.80	
		00:35.08		*00:36.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:3, starttime: 11:50

Heat: 3/11 Lane : 2 Athlete: LENDERS ESTEBAN — **Q-time: 01:53:47**

PB (25m pool): 01:53.47 Zaventem 08/02/2026 **PB (50m pool):** 02:01.11 **SB:** 02:00.09 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:53.14		01:53.47	
		00:53.14		*01:00.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/11 Lane : 8 Athlete: WINNEPENNINCKX FELIX — **Q-time: 01:48:88**

PB (25m pool): 01:45.44 Aarschot 11/11/2026 **PB (50m pool):** 01:59.94 **SB:** 01:45.44 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:48.89		01:45.44	
		00:48.89		*00:56.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: