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

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

Coaches: Dirkx Evi HEADCOACH

Coaches: Stabel Siegfried

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:2, starttime: 09:05

Heat: 2/19 Lane : 7 Athlete: VAN MECHELEN LUNA **Q-time: 01:54:75**

PB (25m pool): 01:54.75 Nijlen 18/10/2026 **PB (50m pool):** 02:12.92 **SB:** 01:54.75 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:53.06		01:54.75	
		00:53.06		*01:01.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/19 Lane : 5 Athlete: VAN MECHELEN ZOë **Q-time: 01:29:92**

PB (25m pool): 01:29.92 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:41.18 **SB:** 01:35.92 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.34		01:29.92	
		00:42.34		*00:47.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 Heat:5, starttime: 10:15

Heat: 5/10 Lane : 5 Athlete: VANDERHALLEN JISSE **Q-time: 00:43:56**

PB (25m pool): 00:46.35 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:43.56 **SB:** 00:46.49 Nijlen 18/10/2026

	25 M	50 M	
PB		00:46.35	
		00:46.35	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/20 Lane : 8 Athlete: VAN MECHELEN LUNA — **Q-time: 00:41:31**

PB (25m pool): 00:41.31 Herentals 09/05/2026 **PB (50m pool):** 00:42.05 **SB:** 00:42.15 Nijlen 18/10/2026

	25 M	50 M	
PB		00:41.31	
	00:41.31		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:14, starttime: 10:35

Heat: 14/20 Lane : 5 Athlete: VAN MECHELEN ZOë — **Q-time: 00:35:11**

PB (25m pool): 00:35.11 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:36.95 **SB:** no time

	25 M	50 M	
PB		00:35.11	
	00:35.11		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/11 Lane : 6 Athlete: VANDERHALLEN JISSE — **Q-time: 01:36:34**

PB (25m pool): 01:36.34 Nijlen 18/10/2026 **PB (50m pool):** 01:41.22 **SB:** 01:36.34 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.83		01:36.34	
		00:44.83		*00:51.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: