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

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

Coaches: Vanmeerbeek Rob HEADCOACH

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:6, starttime: 09:10

Heat: 6/19 Lane : 2 Athlete: GADEYNE OLIVIA **Q-time: 01:37:31**

PB (25m pool): 01:37.31 LEUVEN 23/11/2025 **PB (50m pool):** 01:37.51 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.32		01:37.31	
		00:45.32		*00:51.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/19 Lane : 7 Athlete: VAN BEGIN SARAH **Q-time: 01:26:03**

PB (25m pool): 01:26.03 LEUVEN 15/11/2026 **PB (50m pool):** 01:35.98 **SB:** 01:26.03 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.86		01:26.03	
		00:39.86		*00:46.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 18/19 Lane : 8 Athlete: SOARES ALMEIDA LISA **Q-time: 01:24:37**

PB (25m pool): 01:24.37 LEUVEN 15/11/2026 **PB (50m pool):** 01:26.35 **SB:** 01:24.37 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.83		01:24.37	
		00:39.83		*00:44.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:9, starttime: 09:55

Heat: 9/14 Lane : 3 Athlete: LAPEIRRE TIEBEN — **Q-time: 01:15:36**

PB (25m pool): 01:15.36 LEUVEN 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.60		01:15.36	
		00:34.60		*00:40.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/10 Lane : 5 Athlete: MEYFROODT FELIX — **Q-time: 00:54:39**

PB (25m pool): 00:54.39 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 00:54.39 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:54.39	
		00:54.39	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/10 Lane : 6 Athlete: SPADEA SAMUELE — **Q-time: 00:43:77**

PB (25m pool): 00:43.77 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 00:43.77 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:43.77	
		00:43.77	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/10 Lane : 1 Athlete: SIGSWORTH KAYA — **Q-time: 00:40:09**

PB (25m pool): 00:40.09 LEUVEN 15/11/2026 **PB (50m pool):** 00:45.93 **SB:** 00:40.09 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:40.09	
		00:40.09	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/20 Lane : 7 Athlete: BURSSENS EMMA — **Q-time: 00:38:45**

PB (25m pool): 00:38.45 Hoogstraten 27/09/2026 — **PB (50m pool):** 00:44.58 **SB:** 00:38.45 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:38.45	
	00:38.45		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/20 Lane : 6 Athlete: VAN BEGIN SARAH — **Q-time: 00:36:69**

PB (25m pool): 00:36.69 Hoogstraten 27/09/2026 — **PB (50m pool):** 00:38.94 **SB:** 00:36.69 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:36.69	
	00:36.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/20 Lane : 5 Athlete: GADEYNE OLIVIA — **Q-time: 00:36:09**

PB (25m pool): 00:36.09 LEUVEN 15/11/2026 — **PB (50m pool):** 00:38.54 **SB:** 00:36.09 LEUVEN 15/11/2026

	2 5 M	5 0 M	
PB		00:36.09	
	00:36.09		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/20 Lane : 7 Athlete: VANHEULE LéA — **Q-time: 00:35:01**

PB (25m pool): 00:35.01 Hoogstraten 27/09/2026 — **PB (50m pool):** 00:36.83 **SB:** 00:35.01 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:35.01	
	00:35.01		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:4, starttime: 10:55

Heat: 4/9 Lane : 3 Athlete: DERAEMAECKER LANDER — **Q-time: 02:49:38**

PB (25m pool): 02:49.38 LEUVEN 15/11/2026 — **PB (50m pool):** 02:57.81 **SB:** 02:49.38 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.83		01:24.20		02:08.33		02:49.38
		00:40.83		*00:43.37*		*00:44.13*		*00:41.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/15 Lane : 2 Athlete: CREEMERS LIEZE — **Q-time: 01:27:07**

PB (25m pool): 01:27.07 Aartselaar 01/11/2026 — **PB (50m pool):** 01:32.66 **SB:** 01:27.07 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:40.00		01:27.07	
		00:40.00		*00:47.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/15 Lane : 5 Athlete: VANDENSANDE LUCíA — **Q-time: 01:26:19**

PB (25m pool): 01:26.19 Aartselaar 01/11/2026 — **PB (50m pool):** 01:26.57 **SB:** 01:26.19 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:41.44		01:26.19	
		00:41.44		*00:44.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:3, starttime: 11:25

Heat: 3/15 Lane : 8 Athlete: VANDENSANDE CLARA — **Q-time: 01:26:09**

PB (25m pool): 01:26.09 Aartselaar 01/11/2026 — **PB (50m pool):** 01:29.03 **SB:** 01:26.09 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:40.18		01:26.09	
		00:40.18		*00:45.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:9, starttime: 11:35

Heat: 9/15 Lane : 2 Athlete: ASSAM ELOISE — **Q-time: 01:17:61**

PB (25m pool): 01:17.61 Aartselaar 01/11/2026 **PB (50m pool):** 01:29.50 **SB:** 01:17.61 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:37.31		01:17.61	
		00:37.31		*00:40.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:10, starttime: 11:35

Heat: 10/15 Lane : 8 Athlete: DE RYCK HANNE — **Q-time: 01:17:29**

PB (25m pool): 01:17.29 LEUVEN 15/11/2026 **PB (50m pool):** 01:18.41 **SB:** 01:17.29 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.23		01:17.29	
		00:36.23		*00:41.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/15 Lane : 3 Athlete: VAN HOUDT SEOANE LISA — **Q-time: 01:12:94**

PB (25m pool): 01:13.23 Leuven 04/10/2026 **PB (50m pool):** 01:14.60 **SB:** 01:13.23 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.11		01:13.23	
		00:35.11		*00:38.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:1, starttime: 11:45

Heat: 1/11 Lane : 3 Athlete: SPAAS MILOU — **Q-time: 02:02:74**

PB (25m pool): 02:02.74 Aartselaar 01/11/2026 **PB (50m pool):** no time **SB:** 02:02.74 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:58.33		02:02.74	
		00:58.33		*01:04.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:2, starttime: 11:50

Heat: 2/11 Lane : 2 Athlete: MEYFROODT FELIX — **Q-time: 01:57:38**

PB (25m pool): 01:57.38 Tremelo 24/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.68		01:57.38	
	00:55.68		*01:01.70*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:4, starttime: 11:55

Heat: 4/11 Lane : 5 Athlete: KERREMANS SEM — **Q-time: 01:49:06**

PB (25m pool): 01:49.06 LEUVEN 15/11/2026 **PB (50m pool):** no time **SB:** 01:49.06 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:51.09		01:49.06	
	00:51.09		*00:57.97*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/11 Lane : 3 Athlete: SIGSWORTH KAYA — **Q-time: 01:39:36**

PB (25m pool): 01:39.36 Leuven 04/10/2026 **PB (50m pool):** 01:45.41 **SB:** 01:39.36 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.53		01:39.36	
	00:40.53		*00:58.83*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: