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

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

Coaches: Wielfaert Wout

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:1, starttime: 09:00

Heat: 1/19 Lane : 2 Athlete: RUYSSEN MERYL LOUISE MINGLAN **Q-time: 02:07:79**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

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

Coach feedback:

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

Heat: 3/19 Lane : 2 Athlete: DE KETELAERE FEBE **Q-time: 01:45:93**

PB (25m pool): 01:45.93 Dendermonde. 14/11/2026 **PB (50m pool):** 01:54.02 **SB:** 01:45.93 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:49.35		01:45.93	
	00:49.35		*00:56.58*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/19 Lane : 7 Athlete: MAENHOUT FARAH **Q-time: 01:37:34**

PB (25m pool): 01:37.34 Dendermonde. 14/11/2026 **PB (50m pool):** 01:53.81 **SB:** 01:37.34 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:46.40		01:37.34	
	00:46.40		*00:50.94*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/19 Lane : 4 Athlete: VAN DE WALLE NORA — **Q-time: 01:35:51**

PB (25m pool): 01:35.51 EEKLO 04/10/2026 **PB (50m pool):** 01:39.96 **SB:** 01:35.51 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.64		01:35.51	
		00:44.64		*00:50.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/19 Lane : 8 Athlete: BERTE LISE — **Q-time: 01:35:42**

PB (25m pool): 01:35.42 Dendermonde. 14/11/2026 **PB (50m pool):** 01:42.00 **SB:** 01:35.42 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:45.29		01:35.42	
		00:45.29		*00:50.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:4, starttime: 09:45

Heat: 4/14 Lane : 3 Athlete: HOEYMANS CEDRIC — **Q-time: 01:24:06**

PB (25m pool): 01:24.06 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:24.06 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:24.06	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/14 Lane : 8 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 01:18:56**

PB (25m pool): 01:18.56 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:18.56 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:18.56	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:8, starttime: 09:55

Heat: 8/14 Lane : 3 Athlete: VAN BRAECKEL SEPPE — **Q-time: 01:16:01**

PB (25m pool): 01:16.01 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.02		01:16.01	
		00:35.02		*00:40.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/14 Lane : 8 Athlete: DE REGGE MATTEO — **Q-time: 01:15:88**

PB (25m pool): 01:15.88 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:15.88 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:15.88	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:8, starttime: 10:15

Heat: 8/10 Lane : 5 Athlete: VAN LIERDE DAAN — **Q-time: 00:40:93**

PB (25m pool): 00:41.37 EEKLO 04/10/2026 **PB (50m pool):** 00:40.93 **SB:** 00:41.37 EEKLO 04/10/2026

	25 M	50 M	
PB		00:41.37	
		00:41.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/20 Lane : 2 Athlete: RUYSSEN MERYL LOUISE MINGLAN — **Q-time: 00:51:72**

PB (25m pool): 00:51.72 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:51.72	
		00:51.72	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:2, starttime: 10:20

Heat: 2/20 Lane : 3 Athlete: MAENHOUT FARAH **Q-time: 00:44:52**

PB (25m pool): 00:44.52 Sint-Amandsberg 19/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:44.52	
		00:44.52	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:4, starttime: 10:25

Heat: 4/20 Lane : 3 Athlete: BERTE LISE **Q-time: 00:41:76**

PB (25m pool): 00:41.76 WAREGEM 27/09/2025 **PB (50m pool):** 00:43.76 **SB:** no time

	25 M	50 M	
PB		00:41.76	
		00:41.76	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/20 Lane : 8 Athlete: VAN DE WALLE NORA **Q-time: 00:36:53**

PB (25m pool): 00:39.21 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:36.53 **SB:** no time

	25 M	50 M	
PB		00:39.21	
		00:39.21	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/20 Lane : 1 Athlete: VAN LIERDE ROOS **Q-time: 00:36:06**

PB (25m pool): 00:36.74 Eeklo 19/04/2026 **PB (50m pool):** 00:36.06 **SB:** no time

	25 M	50 M	
PB		00:36.74	
		00:36.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 17: 200M BACKSTROKE MEN 13+ Heat:7, starttime: 11:10

Heat: 7/9 Lane : 7 Athlete: VAN BRAECKEL SEPPE **Q-time: 02:39:32**

PB (25m pool): 02:39.32 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:42.32 **SB:** 02:39.32 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.15		01:17.40		01:58.63		02:39.32
		00:37.15		*00:40.25*		*00:41.23*		*00:40.69*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 Heat:6, starttime: 12:00

Heat: 6/11 Lane : 8 Athlete: VAN LIERDE DAAN **Q-time: 01:46:43**

PB (25m pool): 01:46.43 Dendermonde. 14/11/2026 **PB (50m pool):** 01:56.27 **SB:** 01:46.43 Dendermonde. 14/11/2026

	25M	50M	75M	100M	
PB		00:51.22		01:46.43	
		00:51.22		*00:55.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: