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

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

Coaches: Dierckx Davy HEADCOACH

Coaches: Feyten Anne

Coaches: Bertels Guy

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

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

Heat: 15/19 Lane : 3 Athlete: DIERCKX FEMKE — **Q-time: 01:28:42**

PB (25m pool): 01:28.42 Herentals 09/05/2026 **PB (50m pool):** 01:32.10 **SB:** 01:30.50 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.68		01:28.42	
		00:41.68		*00:46.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/14 Lane : 6 Athlete: BELLENS PIETER — **Q-time: 01:28:98**

PB (25m pool): 01:28.98 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.68		01:28.98	
		00:42.68		*00:46.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/14 Lane : 6 Athlete: FEYEN AEDEN — **Q-time: 01:12:33**

PB (25m pool): 01:09.77 Temse 15/11/2026 **PB (50m pool):** no time **SB:** 01:09.77 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.59		01:09.77	
		00:33.59		*00:36.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:14, starttime: 10:05

Heat: 14/14 Lane : 8 Athlete: BERTELS QUILLAN — **Q-time: 01:07:42**

PB (25m pool): 01:07.42 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:07.42 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.73		01:07.42	
	00:29.73		*00:37.69*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/10 Lane : 4 Athlete: JANSSENS ALEXANDER — **Q-time: 00:44:54**

PB (25m pool): 00:46.81 Herentals 17/05/2025 **PB (50m pool):** 00:44.54 **SB:** 00:49.06 Nijlen 18/10/2026

	25 M	50 M	
PB		00:46.81	
	00:46.81		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/10 Lane : 8 Athlete: WILMS BRAM — **Q-time: 00:44:45**

PB (25m pool): 00:44.45 Mol 04/10/2026 **PB (50m pool):** 00:44.86 **SB:** 00:44.45 Mol 04/10/2026

	25 M	50 M	
PB		00:44.45	
	00:44.45		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:18, starttime: 10:40

Heat: 18/20 Lane : 7 Athlete: DIERCKX FEMKE — **Q-time: 00:33:44**

PB (25m pool): 00:33.44 Mol 04/10/2026 **PB (50m pool):** 00:33.87 **SB:** 00:33.44 Mol 04/10/2026

	25 M	50 M	
PB		00:33.44	
	00:33.44		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:3, starttime: 10:50

Heat: 3/9 Lane : 2 Athlete: BELLENS PIETER — **Q-time: 02:56:63**

PB (25m pool): 02:56.63 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 02:56.63 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.14		01:28.21		02:13.59		02:56.63
		00:43.14		*00:45.07*		*00:45.38*		*00:43.04*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:3, starttime: 10:50

Heat: 3/9 Lane : 4 Athlete: FEYEN AEDEN — **Q-time: 02:54:83**

PB (25m pool): 02:54.83 Aarschot 04/05/2025 **PB (50m pool):** 02:55.02 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.49		01:24.53		no time		02:54.83
		00:40.49		*00:44.04*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 12/15 Lane : 2 Athlete: LAMBRECHTS JADE — **Q-time: 01:14:91**

PB (25m pool): 01:14.91 Nijlen 18/10/2026 **PB (50m pool):** 01:16.66 **SB:** 01:14.91 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.18		01:14.91	
		00:36.18		*00:38.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/11 Lane : 3 Athlete: WILMS BRAM — **Q-time: 01:44:20**

PB (25m pool): 01:44.20 Herentals 09/05/2026 **PB (50m pool):** 01:43.09 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.11		01:44.20	
		00:49.11		*00:55.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 11/11 Lane : 7 Athlete: JANSSENS ALEXANDER **Q-time: 01:34:06**

PB (25m pool): 01:34.06 Mol 04/10/2026 **PB (50m pool):** 01:38.82 **SB:** 01:34.06 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.12		01:34.06	
		00:45.12		*00:48.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: