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

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

Coaches: Van de Capelle Elke HEADCOACH

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

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

Heat: 8/19 Lane : 3 Athlete: MORTIER ALIX **Q-time: 01:34:79**

PB (25m pool): 01:34.79 Temse 31/05/2026 **PB (50m pool):** 01:35.17 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.97		01:34.79	
		00:44.97		*00:49.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/19 Lane : 4 Athlete: DE BAERE AUKE **Q-time: 01:33:38**

PB (25m pool): 01:33.38 EEKLO 04/10/2026 **PB (50m pool):** 01:37.62 **SB:** 01:33.38 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.26		01:33.38	
		00:44.26		*00:49.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/19 Lane : 5 Athlete: LAGA LORE **Q-time: 01:33:40**

PB (25m pool): 01:33.40 T ROSCO 12/10/2025 **PB (50m pool):** 01:36.78 **SB:** 01:34.63 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.39		01:33.40	
		00:44.39		*00:49.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:11, starttime: 09:20

Heat: 11/19 Lane : 3 Athlete: VAN BUGGENHOUT AMBER **Q-time: 01:31:56**

PB (25m pool): 01:31.56 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:36.69 **SB:** 01:31.56 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.35		01:31.56	
		00:43.35		*00:48.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:14, starttime: 09:30

Heat: 14/19 Lane : 2 Athlete: DIERICKX MAREN **Q-time: 01:29:62**

PB (25m pool): 01:29.62 EEKLO 04/10/2026 **PB (50m pool):** 01:31.96 **SB:** 01:29.62 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.76		01:29.62	
		00:41.76		*00:47.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/19 Lane : 2 Athlete: VANDENBUSSCHE LENA **Q-time: 01:28:68**

PB (25m pool): 01:28.68 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:31.05 **SB:** 01:28.68 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.12		01:28.68	
		00:42.12		*00:46.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/19 Lane : 2 Athlete: BULCKAEN JANNE **Q-time: 01:26:00**

PB (25m pool): 01:26.00 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:30.66 **SB:** 01:30.64 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.32		01:26.00	
		00:39.32		*00:46.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/14 Lane : 7 Athlete: VERSCHELDE THIJS — **Q-time: 01:25:13**

PB (25m pool): 01:25.13 TEMSE 30/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.84		01:25.13	
		00:40.84		*00:44.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 6 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 01:16:25**

PB (25m pool): 01:16.25 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:16.25 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:16.25	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/14 Lane : 2 Athlete: LONG XIANG — **Q-time: 01:14:09**

PB (25m pool): 01:14.09 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:14.09 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:14.09	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/14 Lane : 4 Athlete: HEMELSOEN AARYAN — **Q-time: 01:13:15**

PB (25m pool): 01:13.15 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:13.15 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:13.15	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 11/14 Lane : 1 Athlete: NIEMEGEERTS SVEN — **Q-time: 01:12:91**

PB (25m pool): 01:12.91 Temse 15/11/2026 **PB (50m pool):** no time **SB:** 01:12.91 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:32.93		01:12.91	
		00:32.93		*00:39.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/10 Lane : 4 Athlete: DE CONINCK MAXIME — **Q-time: 00:40:89**

PB (25m pool): 00:40.89 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 00:40.89 Waregem 26/09/2026

	25 M	50 M	
PB		00:40.89	
		00:40.89	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/20 Lane : 6 Athlete: MORTIER ALIX — **Q-time: 00:44:95**

PB (25m pool): 00:44.95 Dendermonde. 22/11/2025 **PB (50m pool):** 00:42.19 **SB:** no time

	25 M	50 M	
PB		00:44.95	
		00:44.95	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:3, starttime: 10:25

Heat: 3/20 Lane : 4 Athlete: VANDENBUSSCHE LENA — **Q-time: 00:42:21**

PB (25m pool): 00:42.21 Waregem 26/09/2026 **PB (50m pool):** 00:45.87 **SB:** 00:42.21 Waregem 26/09/2026

	25 M	50 M	
PB		00:42.21	
		00:42.21	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/20 Lane : 5 Athlete: VAN BUGGENHOUT AMBER **Q-time: 00:41:66**

PB (25m pool): 00:42.19 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 00:42.19 Waregem 26/09/2026

	2 5 M	5 0 M	
PB		00:42.19	
		00:42.19	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/20 Lane : 2 Athlete: LAGA LORE **Q-time: 00:36:38**

PB (25m pool): 00:36.38 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:37.56 **SB:** 00:36.38 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	
PB		00:36.38	
		00:36.38	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/20 Lane : 2 Athlete: DE BAERE AUKE **Q-time: 00:35:82**

PB (25m pool): 00:35.82 EEKLO 04/10/2026 **PB (50m pool):** 00:37.00 **SB:** 00:35.82 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:35.82	
		00:35.82	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/20 Lane : 4 Athlete: BULCKAEN JANNE **Q-time: 00:35:08**

PB (25m pool): 00:35.17 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:35.08 **SB:** 00:35.17 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	
PB		00:35.17	
		00:35.17	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 18/20 Lane : 6 Athlete: DIERICKX MAREN — **Q-time: 00:33:35**

PB (25m pool): 00:33.35 Waregem 26/09/2026 — **PB (50m pool):** 00:35.29 **SB:** 00:33.35 Waregem 26/09/2026

	25 M	50 M
PB		00:33.35
	00:33.35	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:1, starttime: 10:45

Heat: 1/9 Lane : 3 Athlete: LONG XIANG — **Q-time: 03:19:55**

PB (25m pool): 03:19.55 LAGO Zwevegem 09/06/2025 — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.68		01:37.90		02:29.13		03:19.55
		00:46.68		*00:51.22*		*00:51.23*		*00:50.42*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/9 Lane : 5 Athlete: NIEMEGEERTS SVEN — **Q-time: 02:54:87**

PB (25m pool): no time — **PB (50m pool):** 02:54.87 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:5, starttime: 11:00

Heat: 5/9 Lane : 8 Athlete: VERSCHELDE THIJS — **Q-time: 02:48:76**

PB (25m pool): 02:48.76 LAGO Zwevegem 25/05/2026 — **PB (50m pool):** 03:17.36 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.45		01:22.41		02:05.72		02:48.76
		00:39.45		*00:42.96*		*00:43.31*		*00:43.04*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:8, starttime: 11:10

Heat: 8/9 Lane : 8 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 02:34:78**

PB (25m pool): 02:34.78 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:45.49 **SB:** 02:34.78 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.08		01:15.23		01:55.07		02:34.78
		00:36.08		*00:39.15*		*00:39.84*		*00:39.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 15/15 Lane : 1 Athlete: WILLAERT NAOMI — **Q-time: 01:12:08**

PB (25m pool): 01:10.48 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:13.64 **SB:** 01:10.48 DENDERMONDE 14/11/2026

	25M	50M	75M	100M	
PB		00:33.85		01:10.48	
		00:33.85		*00:36.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:7, starttime: 12:00

Heat: 7/11 Lane : 2 Athlete: DE CONINCK MAXIME — **Q-time: 01:43:15**

PB (25m pool): 01:43.15 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:51.62 **SB:** 01:43.15 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:49.59		01:43.15	
		00:49.59		*00:53.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: