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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 4 Athlete: SMET LIM **Q-time: 01:52:66**

PB (25m pool): 01:52.66 Dendermonde. 22/11/2025 **PB (50m pool):** 01:59.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:52.77		01:52.66	
		00:52.77		*00:59.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/19 Lane : 1 Athlete: VAN DER GUCHT LOTTE **Q-time: 01:47:28**

PB (25m pool): 01:47.28 Temse 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.53		01:47.28	
		00:50.53		*00:56.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/19 Lane : 2 Athlete: PUNZO MICHELLE **Q-time: 01:35:98**

PB (25m pool): 01:35.98 Dendermonde. 22/11/2025 **PB (50m pool):** 01:43.04 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.93		01:35.98	
		00:44.93		*00:51.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:12, starttime: 09:25

Heat: 12/19 Lane : 7 Athlete: VAN HUL EMMA — **Q-time: 01:31:02**

PB (25m pool): 01:31.02 TEMSE 18/05/2025 **PB (50m pool):** 01:34.30 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.67		01:31.02	
		00:42.67		*00:48.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:12, starttime: 10:00

Heat: 12/14 Lane : 3 Athlete: VANHAVERE DAAN — **Q-time: 01:09:76**

PB (25m pool): 01:09.76 Temse 15/11/2026 **PB (50m pool):** no time **SB:** 01:09.76 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.83		01:09.76	
		00:31.83		*00:37.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 4 Athlete: VAN DE GENDER NILS — **Q-time: 01:04:44**

PB (25m pool): 01:04.44 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** no time **SB:** 01:05.88 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.37		01:04.44	
		00:29.37		*00:35.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:9, starttime: 11:15

Heat: 9/9 Lane : 4 Athlete: VAN DE GENDER NILS — **Q-time: 02:20:27**

PB (25m pool): 02:20.27 Gent 23/02/2025 **PB (50m pool):** 02:28.57 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.18		01:08.76		01:45.17		02:20.27
		00:33.18		*00:35.58*		*00:36.41*		*00:35.10*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/15 Lane : 2 Athlete: MARTENS WINNE — **Q-time: 01:25:41**

PB (25m pool): 01:25.41 DENDERMONDE 14/11/2026 **PB (50m pool):** no time **SB:** 01:25.41 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.16		01:25.41	
		00:39.16		*00:46.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:4, starttime: 11:25

Heat: 4/15 Lane : 1 Athlete: VERCAUTEREN LIENA — **Q-time: 01:24:69**

PB (25m pool): 01:24.69 DENDERMONDE 14/11/2026 **PB (50m pool):** no time **SB:** 01:24.69 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:40.42		01:24.69	
		00:40.42		*00:44.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/15 Lane : 1 Athlete: BOURFA SALMA — **Q-time: 01:15:10**

PB (25m pool): 01:15.10 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:21.55 **SB:** 01:15.10 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.73		01:15.10	
		00:35.73		*00:39.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/15 Lane : 4 Athlete: DE HERT JANNE — **Q-time: 01:10:50**

PB (25m pool): 01:10.50 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:15.22 **SB:** 01:10.50 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.90		01:10.50	
		00:33.90		*00:36.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 15/15 Lane : 5 Athlete: ROGIERS LOTTE **Q-time: 01:11:19**

PB (25m pool): 01:11.19 Temse 15/11/2026 **PB (50m pool):** 01:16.42 **SB:** 01:11.19 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.23		01:11.19	
		00:34.23		*00:36.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: