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

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

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

Coaches: Januarius Bart

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

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

Heat: 7/19 Lane : 1 Athlete: VANDERBEKEN SHAïNA **Q-time: 01:36:10**

PB (25m pool): 01:36.10 Liedekerke 11/11/2025 **PB (50m pool):** 01:48.33 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.56		01:36.10	
		00:44.56		*00:51.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ Heat:2, starttime: 09:45

Heat: 2/14 Lane : 5 Athlete: DOBBELEIRE NIELS **Q-time: 01:30:37**

PB (25m pool): 01:30.37 Tienen 26/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:30.37	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ Heat:2, starttime: 09:45

Heat: 2/14 Lane : 6 Athlete: DESMET FINN **Q-time: 01:34:21**

PB (25m pool): 01:34.21 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:34.21 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:34.21	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/14 Lane : 1 Athlete: ABOUAZAR PIETER — **Q-time: 01:18:24**

PB (25m pool): 01:18.24 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:18.24 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:18.24	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/14 Lane : 3 Athlete: SEGERS LOUIS — **Q-time: 01:08:09**

PB (25m pool): 01:08.09 Sint-Pieters-Leeuw 05/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:08.09	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/14 Lane : 8 Athlete: SMISMANS KAMIL — **Q-time: 01:09:36**

PB (25m pool): 01:09.36 Tervuren 10/10/2026 **PB (50m pool):** no time **SB:** 01:09.36 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:09.36	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 7 Athlete: WALDMAN JONATHAN — **Q-time: 01:06:95**

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:

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

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:3, starttime: 10:10

Heat: 3/10 Lane : 1 Athlete: CLAESSENS MATTIZ — **Q-time: 00:48:22**

PB (25m pool): 00:48.22 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** no time **SB:** 00:48.61 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:48.22	
		00:48.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:3, starttime: 10:10

Heat: 3/10 Lane : 3 Athlete: ABOUAZAR KARL — **Q-time: 00:46:24**

PB (25m pool): 00:46.24 Dilbeek 27/09/2026 **PB (50m pool):** no time **SB:** 00:46.24 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:46.24	
		00:46.24	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/10 Lane : 5 Athlete: DHONDT MICHIEL — **Q-time: 00:45:01**

PB (25m pool): 00:45.01 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** no time **SB:** 00:45.01 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:45.01	
		00:45.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/10 Lane : 8 Athlete: JANUARIUS JULES — **Q-time: 00:45:73**

PB (25m pool): 00:45.73 Tervuren 10/10/2026 **PB (50m pool):** 00:51.59 **SB:** 00:45.73 Tervuren 10/10/2026

	25 M	50 M	
PB		00:45.73	
		00:45.73	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/20 Lane : 5 Athlete: VANDERBEKEN SHAïNA — **Q-time: 00:42:46**

PB (25m pool): 00:43.08 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** 00:42.46 **SB:** no time

	25 M	50 M	
PB		00:43.08	
	00:43.08		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:9, starttime: 10:30

Heat: 9/20 Lane : 2 Athlete: GHISLAIN EMILIE — **Q-time: 00:37:47**

PB (25m pool): 00:37.47 Gent 23/02/2025 **PB (50m pool):** 00:37.94 **SB:** 00:37.93 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:37.47	
	00:37.47		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:17, starttime: 10:40

Heat: 17/20 Lane : 1 Athlete: HEYE MIRTHE — **Q-time: 00:34:25**

PB (25m pool): 00:34.25 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:34.55 **SB:** 00:34.25 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:34.25	
	00:34.25		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 18/20 Lane : 5 Athlete: GHISLAIN JULIETTE — **Q-time: 00:33:29**

PB (25m pool): 00:33.80 Gent 23/02/2025 **PB (50m pool):** 00:33.29 **SB:** 00:35.23 Leuven 04/10/2026

	25 M	50 M	
PB		00:33.80	
	00:33.80		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/9 Lane : 7 Athlete: ABOUAZAR PIETER — **Q-time: 02:54:24**

PB (25m pool): 02:54.24 LEUVEN 21/12/2025 **PB (50m pool):** 03:10.44 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:40.25		01:24.40		02:09.63		02:54.24
		00:40.25		*00:44.15*		*00:45.23*		*00:44.61*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:6, starttime: 11:05

Heat: 6/9 Lane : 6 Athlete: GHISLAIN ANTOINE — **Q-time: 02:42:26**

PB (25m pool): 02:42.26 Leuven 04/10/2026 **PB (50m pool):** 02:46.01 **SB:** 02:42.26 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.90		01:18.15		02:00.51		02:42.26
		00:37.90		*00:40.25*		*00:42.36*		*00:41.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/9 Lane : 2 Athlete: SMISMANS KAMIL — **Q-time: 02:31:03**

PB (25m pool): 02:31.03 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** 02:40.04 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.92		01:12.02		no time		02:31.03
		00:33.92		*00:38.10*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 9/15 Lane : 5 Athlete: PEETERS RUCHE ALICIA — **Q-time: 01:17:33**

PB (25m pool): 01:17.33 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 01:20.40 **SB:** 01:17.33 Gemeentelijk zwembad Heuvelkou 1

	25M	50M	75M	100M	
PB		00:36.57		01:17.33	
		00:36.57		*00:40.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/11 Lane : 7 Athlete: CLAESSENS MATTIZ — **Q-time: 02:10:89**

PB (25m pool): 02:10.89 Aarschot 26/04/2026 **PB (50m pool):** 02:14.95 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		01:00.11		02:10.89	
		01:00.11		*01:10.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/11 Lane : 2 Athlete: ABOUAZAR KARL — **Q-time: 01:49:36**

PB (25m pool): 01:49.36 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 02:00.15 **SB:** 01:49.36 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:51.95		01:49.36	
		00:51.95		*00:57.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/11 Lane : 4 Athlete: DHONDT MICHIEL — **Q-time: 01:43:74**

PB (25m pool): 01:43.74 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 01:51.01 **SB:** 01:43.74 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:50.34		01:43.74	
		00:50.34		*00:53.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/11 Lane : 5 Athlete: JANUARIUS JULES — **Q-time: 01:42:65**

PB (25m pool): 01:42.65 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:50.04 **SB:** 01:42.65 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.71		01:42.65	
		00:48.71		*00:53.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: