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

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

Coaches: Defoin Steven

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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

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

Heat: 3/19 Lane : 8 Athlete: WANTEN LAURA **Q-time: 01:47:64**

PB (25m pool): 01:47.64 Pelt 27/09/2026 **PB (50m pool):** 02:00.14 **SB:** 01:47.64 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:50.50		01:47.64	
		00:50.50		*00:57.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ Heat:1, starttime: 09:40

Heat: 1/14 Lane : 3 Athlete: DELSIENE STAN **Q-time: 99:99:99**

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: 14: 100M MEDLEY MEN 13+ Heat:1, starttime: 09:40

Heat: 1/14 Lane : 4 Athlete: VRANKEN IAN **Q-time: 01:51:01**

PB (25m pool): 01:51.01 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:51.01	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:1, starttime: 09:40

Heat: 1/14 Lane : 5 Athlete: WERY MILAN — **Q-time: 99:99:99**

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

Heat: 11/14 Lane : 7 Athlete: RUYMEN SIEBE — **Q-time: 01:12:85**

PB (25m pool): 01:12.85 LEUVEN 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.92		01:12.85	
	00:32.92		*00:39.93*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:8, starttime: 10:30

Heat: 8/20 Lane : 4 Athlete: WANTEN LAURA — **Q-time: 00:37:67**

PB (25m pool): 00:37.67 Hasselt 04/10/2026 **PB (50m pool):** 00:38.72 **SB:** 00:37.67 Hasselt 04/10/2026

	25 M	50 M	
PB		00:37.67	
	00:37.67		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/9 Lane : 1 Athlete: RUYMEN SIEBE — **Q-time: 02:27:14**

PB (25m pool): 02:27.14 3500 Hasselt 18/10/2026 **PB (50m pool):** 03:02.09 **SB:** 02:27.14 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.60		01:11.65		01:50.49		02:27.14
	00:33.60		*00:38.05*		*00:38.84*		*00:36.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: