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

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

Coaches: Remans Sander HEADCOACH

Coaches: Mattheus Ibe

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

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:4, starttime: 09:05

Heat: 4/19 Lane : 1 Athlete: NIJS EMMA **Q-time: 01:43:24**

PB (25m pool): 01:43.24 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:43.24 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.33		01:43.24	
		00:47.33		*00:55.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:10, starttime: 09:20

Heat: 10/19 Lane : 1 Athlete: REMANS ROSALIE **Q-time: 01:33:02**

PB (25m pool): 01:33.02 Nijlen 16/11/2025 **PB (50m pool):** 01:44.86 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.40		01:33.02	
		00:44.40		*00:48.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:18, starttime: 09:35

Heat: 18/19 Lane : 7 Athlete: SPAEPEN LIEN **Q-time: 01:23:91**

PB (25m pool): 01:23.91 Bastogne 05/04/2026 **PB (50m pool):** 01:27.19 **SB:** 01:24.73 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.53		01:23.91	
		00:39.53		*00:44.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 14: 100M MEDLEY MEN 13+ — Heat:5, starttime: 09:50

Heat: 5/14 Lane : 4 Athlete: FEYAERTS JEROEN — **Q-time: 01:21:04**

PB (25m pool): 01:21.04 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:21.95 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.48		01:21.04	
		00:36.48		*00:44.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/14 Lane : 1 Athlete: DEHAEN FERRE — **Q-time: 01:10:75**

PB (25m pool): 01:10.75 Hannuit 29/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:10.75	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/10 Lane : 3 Athlete: LARDAUX LEON — **Q-time: 00:43:75**

PB (25m pool): 00:43.75 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:44.56 **SB:** no time

	25 M	50 M	
PB		00:43.75	
		00:43.75	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:9, starttime: 10:15

Heat: 9/10 Lane : 5 Athlete: MAES TILL — **Q-time: 00:39:63**

PB (25m pool): 00:39.63 Bastogne 05/04/2026 **PB (50m pool):** 00:39.99 **SB:** 00:40.89 Leuven 04/10/2026

	25 M	50 M	
PB		00:39.63	
		00:39.63	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:5, starttime: 10:25

Heat: 5/20 Lane : 6 Athlete: NIJS EMMA — **Q-time: 00:40:92**

PB (25m pool): 00:40.92 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 00:40.92 Nijlen 18/10/2026

	25 M	50 M	
PB		00:40.92	
	00:40.92		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/20 Lane : 8 Athlete: REMANS ROSALIE — **Q-time: 00:34:28**

PB (25m pool): 00:33.37 LEUVEN 15/11/2026 **PB (50m pool):** 00:35.55 **SB:** 00:33.37 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:33.37	
	00:33.37		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 18/20 Lane : 3 Athlete: SPAEPEN LIEN — **Q-time: 00:33:34**

PB (25m pool): 00:33.34 Hannuit 28/03/2026 **PB (50m pool):** 00:33.68 **SB:** 00:33.60 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:33.34	
	00:33.34		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/9 Lane : 5 Athlete: FEYAERTS JEROEN — **Q-time: 02:48:98**

PB (25m pool): 02:48.98 Bastogne 05/04/2026 **PB (50m pool):** 02:53.21 **SB:** 02:50.91 Tienen 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.04		01:24.01		02:07.23		02:48.98
	00:40.04		*00:43.97*		*00:43.22*		*00:41.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:1, starttime: 11:20

Heat: 1/15 Lane : 6 Athlete: WILLEMS UWIZEYE NAOMI — **Q-time: 01:33:09**

PB (25m pool): no time **PB (50m pool):** 01:31.31 **SB:** no time

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

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 11:20

Heat: 2/15 Lane : 1 Athlete: LAMBRECHTS HANNE — **Q-time: 01:29:07**

PB (25m pool): 01:29.07 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:28.91 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.86		01:29.07	
		00:41.86		*00:47.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/15 Lane : 7 Athlete: VANDINGENEN JOKE — **Q-time: 01:15:01**

PB (25m pool): 01:15.01 Leuven 04/10/2026 **PB (50m pool):** 01:18.64 **SB:** 01:15.01 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.77		01:15.01	
		00:36.77		*00:38.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:8, starttime: 12:05

Heat: 8/11 Lane : 7 Athlete: MAES TILL — **Q-time: 01:41:81**

PB (25m pool): 01:41.81 Nijlen 18/10/2026 **PB (50m pool):** 01:51.51 **SB:** 01:41.81 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.79		01:41.81	
		00:48.79		*00:53.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 19: 100M BREASTSTROKE MEN 11-12 **Heat:9, starttime: 12:05**

Heat: 9/11 Lane : 5 Athlete: LARDAUX LEON **Q-time: 01:39:25**

PB (25m pool): 01:39.25 Nijlen 18/10/2026 **PB (50m pool):** 01:46.00 **SB:** 01:39.25 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.27		01:39.25	
		00:46.27		*00:52.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: