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

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

Coaches: Loos Kim HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

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 : 2 Athlete: VALKENBORGHS YANNE — **Q-time: 01:42:19**

PB (25m pool): 01:42.19 Turnhout 02/03/2025 **PB (50m pool):** 01:45.75 **SB:** 01:47.16 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.19		01:42.19	
		00:48.19		*00:54.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/19 Lane : 8 Athlete: SEGERS EMMA — **Q-time: 01:43:75**

PB (25m pool): 01:43.75 Nijlen 18/10/2026 **PB (50m pool):** 01:46.45 **SB:** 01:43.75 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:49.72		01:43.75	
		00:49.72		*00:54.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/19 Lane : 7 Athlete: NIEUWENHUIS ZOë — **Q-time: 01:33:79**

PB (25m pool): 01:33.79 Nijlen 18/10/2026 **PB (50m pool):** 01:36.08 **SB:** 01:33.79 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.52		01:33.79	
		00:44.52		*00:49.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/19 Lane : 4 Athlete: DJONOU IMBA ITZANA — **Q-time: 01:32:63**

PB (25m pool): 01:32.63 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:35.49 **SB:** 01:34.19 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.88		01:32.63	
		00:43.88		*00:48.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/19 Lane : 6 Athlete: HUFKENS ELINA — **Q-time: 01:32:78**

PB (25m pool): 01:32.78 Herentals 09/05/2026 **PB (50m pool):** 01:35.16 **SB:** 01:35.56 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.07		01:32.78	
		00:44.07		*00:48.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/19 Lane : 3 Athlete: POELS NOMI — **Q-time: 01:29:41**

PB (25m pool): 01:28.51 LEUVEN 14/05/2023 **PB (50m pool):** 01:33.57 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:28.51	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/19 Lane : 3 Athlete: COOLS YELENA — **Q-time: 01:25:14**

PB (25m pool): 01:25.14 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:29.77 **SB:** 01:28.57 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.01		01:25.14	
		00:40.01		*00:45.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/14 Lane : 8 Athlete: NEYRINCK RUBEN — **Q-time: 01:22:01**

PB (25m pool): 01:22.01 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:22.01 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.05		01:22.01	
	00:37.05		*00:44.96*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 13+ — Heat:9, starttime: 09:55

Heat: 9/14 Lane : 4 Athlete: AGTEN VALERIO ÁLVARO — **Q-time: 01:14:80**

PB (25m pool): 01:14.80 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:14.80 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.22		01:14.80	
	00:33.22		*00:41.58*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:1, starttime: 10:05

Heat: 1/10 Lane : 7 Athlete: NIEUWENHUIS ISAAC — **Q-time: 01:12:09**

PB (25m pool): 01:12.09 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:12.09 Nijlen 18/10/2026

	25 M	50 M	
PB		01:12.09	
	01:12.09		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:6, starttime: 10:15

Heat: 6/10 Lane : 5 Athlete: VAN MEER RUNE — **Q-time: 00:42:45**

PB (25m pool): 00:42.45 Nijlen 18/10/2026 **PB (50m pool):** 00:46.14 **SB:** 00:42.45 Nijlen 18/10/2026

	25 M	50 M	
PB		00:42.45	
	00:42.45		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 10:15

Heat: 7/10 Lane : 5 Athlete: DE FEYTER LUCAS — **Q-time: 00:41:60**

PB (25m pool): 00:41.60 Mol 04/10/2026 **PB (50m pool):** 00:41.61 **SB:** 00:41.60 Mol 04/10/2026

	25 M	50 M	
PB		00:41.60	
		00:41.60	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/20 Lane : 8 Athlete: SEGERS EMMA — **Q-time: 00:46:41**

PB (25m pool): 00:46.41 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 00:46.41 Nijlen 18/10/2026

	25 M	50 M	
PB		00:46.41	
		00:46.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:6, starttime: 10:25

Heat: 6/20 Lane : 8 Athlete: NIEUWENHUIS ZOë — **Q-time: 00:40:51**

PB (25m pool): 00:40.51 Nijlen 18/10/2026 **PB (50m pool):** 00:44.36 **SB:** 00:40.51 Nijlen 18/10/2026

	25 M	50 M	
PB		00:40.51	
		00:40.51	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:7, starttime: 10:30

Heat: 7/20 Lane : 5 Athlete: VAN ASTEN RENéE — **Q-time: 00:38:37**

PB (25m pool): 00:38.37 Nijlen 18/10/2026 **PB (50m pool):** 00:39.74 **SB:** 00:38.37 Nijlen 18/10/2026

	25 M	50 M	
PB		00:38.37	
		00:38.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 9/20 Lane : 3 Athlete: WOUTERS DORA — **Q-time: 00:37:44**

PB (25m pool): 00:37.44 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:37.44 **SB:** 00:38.25 Nijlen 18/10/2026

	25 M	50 M	
PB		00:37.44	
	00:37.44		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/20 Lane : 3 Athlete: COOLS YELENA — **Q-time: 00:35:76**

PB (25m pool): 00:35.76 Nijlen 18/10/2026 **PB (50m pool):** 00:36.60 **SB:** 00:35.76 Nijlen 18/10/2026

	25 M	50 M	
PB		00:35.76	
	00:35.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/20 Lane : 7 Athlete: HUFKENS ELINA — **Q-time: 00:35:93**

PB (25m pool): 00:35.70 LEUVEN 15/11/2026 **PB (50m pool):** 00:37.00 **SB:** 00:35.70 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:35.70	
	00:35.70		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/20 Lane : 8 Athlete: VALKENBORGHS YANNE — **Q-time: 00:36:07**

PB (25m pool): 00:36.07 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:36.78 **SB:** 00:36.70 Mol 04/10/2026

	25 M	50 M	
PB		00:36.07	
	00:36.07		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 17/20 Lane : 4 Athlete: POELS NOMI — **Q-time: 00:33:64**

PB (25m pool): 00:33.64 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:34.85 **SB:** 00:35.30 Mol 04/10/2026

	25 M	50 M	
PB		00:33.64	
		00:33.64	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:20, starttime: 10:40

Heat: 20/20 Lane : 7 Athlete: CORNELIS KAAT — **Q-time: 00:32:25**

PB (25m pool): 00:32.06 LEUVEN 15/11/2026 **PB (50m pool):** 00:33.19 **SB:** 00:32.06 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:32.06	
		00:32.06	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/9 Lane : 1 Athlete: LIEVENS RUBE — **Q-time: 02:58:58**

PB (25m pool): 02:58.58 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** 03:01.99 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.01		01:27.59		no time		02:58.58
		00:42.01		*00:45.58*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/9 Lane : 6 Athlete: NEYRINCK RUBEN — **Q-time: 02:46:45**

PB (25m pool): 02:46.45 Mol 04/10/2026 **PB (50m pool):** 02:54.49 **SB:** 02:46.45 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.63		01:22.47		02:05.27		02:46.45
		00:39.63		*00:42.84*		*00:42.80*		*00:41.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 17: 200M BACKSTROKE MEN 13+ — Heat:7, starttime: 11:10

Heat: 7/9 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO — **Q-time: 02:38:93**

PB (25m pool): 02:38.93 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** 02:45.84 **SB:** 02:45.57 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.16		01:16.62		no time		02:38.93
		00:36.16		*00:40.46*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/15 Lane : 3 Athlete: VAN DE WEYER FOUKE — **Q-time: 01:25:27**

PB (25m pool): 01:24.44 LEUVEN 15/11/2026 **PB (50m pool):** 01:31.05 **SB:** 01:24.44 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:40.93		01:24.44	
		00:40.93		*00:43.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/15 Lane : 6 Athlete: BOECKX LISA — **Q-time: 01:25:29**

PB (25m pool): 01:25.29 Durmehal 27/09/2026 **PB (50m pool):** 01:27.91 **SB:** 01:25.29 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:41.28		01:25.29	
		00:41.28		*00:44.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:6, starttime: 11:30

Heat: 6/15 Lane : 7 Athlete: SCHEPERS LENTHE — **Q-time: 01:20:83**

PB (25m pool): 01:20.83 Nijlen 18/10/2026 **PB (50m pool):** 01:26.30 **SB:** 01:20.83 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.46		01:20.83	
		00:39.46		*00:41.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:10, starttime: 11:35

Heat: 10/15 Lane : 1 Athlete: VEREECKEN WANTER FELINE — **Q-time: 01:17:15**

PB (25m pool): 01:17.15 Mol 04/10/2026 **PB (50m pool):** 01:21.04 **SB:** 01:17.15 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.20		01:17.15	
		00:37.20		*00:39.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/11 Lane : 2 Athlete: NIEUWENHUIS ISAAC — **Q-time: 02:07:03**

PB (25m pool): 02:07.03 Nijlen 18/10/2026 **PB (50m pool):** 02:07.43 **SB:** 02:07.03 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		01:00.47		02:07.03	
		01:00.47		*01:06.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/11 Lane : 1 Athlete: VAN MEER RUNE — **Q-time: 01:49:58**

PB (25m pool): 01:49.58 Mol 04/10/2026 **PB (50m pool):** 01:58.00 **SB:** 01:49.58 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.88		01:49.58	
		00:52.88		*00:56.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:11, starttime: 12:10

Heat: 11/11 Lane : 3 Athlete: DE FEYTER LUCAS — **Q-time: 01:33:10**

PB (25m pool): 01:33.10 Mol 04/10/2026 **PB (50m pool):** 01:40.40 **SB:** 01:33.10 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.93		01:33.10	
		00:44.93		*00:48.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: