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

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

Coaches: Wouters Ivan

Coaches: Neirynck Jan

Coaches: Van Dooren Glenn

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 : 7 Athlete: VAN CAUWENBERGE NORAH **Q-time: 01:43:04**

PB (25m pool): 01:43.04 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:44.54 **SB:** 01:43.49 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.64		01:43.04	
		00:48.64		*00:54.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/19 Lane : 2 Athlete: CLAES JADE **Q-time: 01:33:71**

PB (25m pool): 01:33.71 Nijlen 01/03/2026 **PB (50m pool):** 01:42.65 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.54		01:33.71	
		00:43.54		*00:50.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ Heat:15, starttime: 09:30

Heat: 15/19 Lane : 4 Athlete: GEELEN GUUSJE **Q-time: 01:28:09**

PB (25m pool): 01:28.09 Mol 04/10/2026 **PB (50m pool):** 01:33.09 **SB:** 01:28.09 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.95		01:28.09	
		00:41.95		*00:46.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/10 Lane : 2 Athlete: LENAERTS RUBEN — **Q-time: 00:42:94**

PB (25m pool): 00:42.94 Hoogstraten 27/09/2026 **PB (50m pool):** 00:43.78 **SB:** 00:42.94 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:42.94	
		00:42.94	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/20 Lane : 7 Athlete: VAN CAUWENBERGE NORAH — **Q-time: 00:37:54**

PB (25m pool): 00:37.54 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:37.54 **SB:** 00:37.65 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:37.54	
		00:37.54	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ — Heat:15, starttime: 10:35

Heat: 15/20 Lane : 6 Athlete: GEELEN GUUSJE — **Q-time: 00:34:97**

PB (25m pool): 00:34.97 Hoogstraten 27/09/2026 **PB (50m pool):** 00:35.62 **SB:** 00:34.97 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:34.97	
		00:34.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/15 Lane : 7 Athlete: TIELEMANS STIEN — **Q-time: 01:28:41**

PB (25m pool): 01:28.41 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:28.41 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.40		01:28.41	
		00:40.40		*00:48.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/15 Lane : 7 Athlete: VAN HASSEL FEMKE — **Q-time: 01:25:75**

PB (25m pool): 01:25.75 Mol 04/10/2026 **PB (50m pool):** 01:30.00 **SB:** 01:25.75 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.51		01:25.75	
	00:41.51		*00:44.24*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/15 Lane : 6 Athlete: DILLEN LOTTE — **Q-time: 01:17:51**

PB (25m pool): 01:17.51 Nijlen 18/10/2026 **PB (50m pool):** 01:18.50 **SB:** 01:17.51 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.54		01:17.51	
	00:36.54		*00:40.97*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/15 Lane : 5 Athlete: CLAES SIEN — **Q-time: 01:16:46**

PB (25m pool): 01:16.46 Nijlen 18/10/2026 **PB (50m pool):** 01:18.88 **SB:** 01:16.46 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.17		01:16.46	
	00:37.17		*00:39.29*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:13, starttime: 11:40

Heat: 13/15 Lane : 4 Athlete: VAN REETH LILIANA — **Q-time: 01:13:30**

PB (25m pool): 01:13.30 Nijlen 18/10/2026 **PB (50m pool):** 01:20.13 **SB:** 01:13.30 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.47		01:13.30	
	00:34.47		*00:38.83*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 100M FREESTYLE WOMEN 11-12 — Heat:13, starttime: 11:40

Heat: 13/15 Lane : 8 Athlete: DILLEN HANNE — **Q-time: 01:14:36**

PB (25m pool): 01:15.54 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:14.36 **SB:** no time

	25M	50M	75M	100M	
PB		00:35.67		01:15.54	
		00:35.67		*00:39.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11-12 — Heat:5, starttime: 11:55

Heat: 5/11 Lane : 1 Athlete: LENAERTS RUBEN — **Q-time: 01:48:31**

PB (25m pool): 01:48.31 Aarschot 26/04/2026 PB (50m pool): 01:52.15 **SB:** no time

	25M	50M	75M	100M	
PB		00:50.85		01:48.31	
		00:50.85		*00:57.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: