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

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

Coaches: Jacob Sven

Coaches: Daniëls Liesbeth

Coaches: Slootmaeckers Silke HEADCOACH

Coaches: Vanuytven Diane

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 : 5 Athlete: HERREMANS ELIEN **Q-time: 01:45:05**

PB (25m pool): 01:45.05 Nijlen 18/10/2026 **PB (50m pool):** 01:49.10 **SB:** 01:45.05 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.58		01:45.05	
		00:48.58		*00:56.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/19 Lane : 5 Athlete: BOURGUIGNON NENA **Q-time: 01:41:58**

PB (25m pool): 01:41.58 Nijlen 18/10/2026 **PB (50m pool):** 01:44.39 **SB:** 01:41.58 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.02		01:41.58	
		00:47.02		*00:54.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/19 Lane : 3 Athlete: SARMI SOFIA **Q-time: 01:32:73**

PB (25m pool): 01:32.73 Herentals 09/05/2026 **PB (50m pool):** 01:40.71 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.87		01:32.73	
		00:43.87		*00:48.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 15/19 Lane : 7 Athlete: GERAEDTS MARIA — **Q-time: 01:28:79**

PB (25m pool): 01:28.79 Mol 04/10/2026 **PB (50m pool):** 01:30.78 **SB:** 01:28.79 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.93		01:28.79	
	00:41.93		*00:46.86*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 13+ — Heat:16, starttime: 09:30

Heat: 16/19 Lane : 5 Athlete: DALEMANS NEL — **Q-time: 01:26:83**

PB (25m pool): 01:26.83 Heist-op-den-Berg 10/01/2026 **PB (50m pool):** 01:30.93 **SB:** 01:30.23 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.90		01:26.83	
	00:40.90		*00:45.93*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/20 Lane : 4 Athlete: BOURGUIGNON NENA — **Q-time: 00:44:25**

PB (25m pool): 00:44.25 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 00:44.25 Nijlen 18/10/2026

	25 M	50 M	
PB		00:44.25	
	00:44.25		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/20 Lane : 7 Athlete: HERREMANS ELIEN — **Q-time: 00:45:32**

PB (25m pool): 00:45.32 Nijlen 18/10/2026 **PB (50m pool):** 00:52.75 **SB:** 00:45.32 Nijlen 18/10/2026

	25 M	50 M	
PB		00:45.32	
	00:45.32		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/20 Lane : 7 Athlete: SARMI SOFIA **Q-time: 00:37:30**

PB (25m pool): 00:37.30 Herentals 09/05/2026 **PB (50m pool):** 00:39.72 **SB:** 00:37.53 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:37.30	
	00:37.30		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN 13+ Heat:11, starttime: 10:30

Heat: 11/20 Lane : 1 Athlete: GERAEDTS MARIA **Q-time: 00:36:83**

PB (25m pool): 00:36.83 Mol 04/10/2026 **PB (50m pool):** 00:38.14 **SB:** 00:36.83 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:36.83	
	00:36.83		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/20 Lane : 6 Athlete: DALEMANS NEL **Q-time: 00:34:57**

PB (25m pool): 00:34.57 Hoogstraten 27/09/2026 **PB (50m pool):** 00:36.90 **SB:** 00:34.57 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:34.57	
	00:34.57		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/9 Lane : 8 Athlete: DRISSI EL MESKINI TAMIZ **Q-time: 02:40:07**

PB (25m pool): 02:40.07 Kapellen 21/12/2025 **PB (50m pool):** no time **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.53		no time		no time		02:40.07
	00:38.53							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/15 Lane : 6 Athlete: DE KEYZER FRAN — **Q-time: 01:26:31**

PB (25m pool): 01:26.31 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:26.31 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.35		01:26.31	
		00:40.35		*00:45.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/15 Lane : 5 Athlete: VLUYMANS JULIE — **Q-time: 01:20:44**

PB (25m pool): 01:20.44 Nijlen 18/10/2026 **PB (50m pool):** 01:23.35 **SB:** 01:20.44 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.50		01:20.44	
		00:38.50		*00:41.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/11 Lane : 6 Athlete: DE PUYDT ARTHUR — **Q-time: 01:39:54**

PB (25m pool): 01:39.54 Herentals 09/05/2026 **PB (50m pool):** 01:46.67 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.32		01:39.54	
		00:47.32		*00:52.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: