Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Caerts Joke HEADCOACH

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:2, starttime: 14:00

Heat: 2/14 Lane : 4 Athlete: VANINBROUKX TOON **Q-time: 01:43:96**

PB (25m pool): 01:36.62 Aarschot 11/11/2026 **PB (50m pool):** 01:54.74 **SB:** 01:36.62 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:45.31		01:36.62	
		00:45.31		*00:51.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:6, starttime: 14:40

Heat: 6/18 Lane : 3 Athlete: KERCKHOFS WOUKE **Q-time: 01:25:93**

PB (25m pool): 01:21.50 Aarschot 11/11/2026 **PB (50m pool):** no time **SB:** 01:21.50 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.50	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 Heat:3, starttime: 15:05

Heat: 3/13 Lane : 5 Athlete: SMEETS LOU **Q-time: 00:46:98**

PB (25m pool): 00:49.69 Tremelo 18/01/2026 **PB (50m pool):** 00:46.98 **SB:** no time

	25 M	50 M	
PB		00:49.69	
		00:49.69	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:4, starttime: 15:10

Heat: 4/13 Lane : 6 Athlete: BERTOLAZZI MONA — **Q-time: 00:45:58**

PB (25m pool): 00:45.58 Aarschot 26/04/2026 **PB (50m pool):** 00:48.22 **SB:** 00:46.89 Leuven 04/10/2026

	25 M	50 M	
PB		00:45.58	
		00:45.58	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:7, starttime: 15:10

Heat: 7/13 Lane : 7 Athlete: VANGENECHTEN ANNA — **Q-time: 00:42:44**

PB (25m pool): 00:42.44 Leuven 04/10/2026 **PB (50m pool):** 00:42.66 **SB:** 00:42.44 Leuven 04/10/2026

	25 M	50 M	
PB		00:42.44	
		00:42.44	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:10, starttime: 15:15

Heat: 10/13 Lane : 7 Athlete: VANMECHELEN KATO — **Q-time: 00:40:37**

PB (25m pool): 00:44.25 Aarschot 26/04/2026 **PB (50m pool):** 00:40.37 **SB:** no time

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

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:4, starttime: 15:25

Heat: 4/16 Lane : 7 Athlete: VANINBROUKX TOON — **Q-time: 00:37:66**

PB (25m pool): 00:37.67 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:37.66 **SB:** no time

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

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:13, starttime: 16:25

Heat: 13/13 Lane : 3 Athlete: KERCKHOFS NIENKE — **Q-time: 02:34:76**

PB (25m pool): 02:34.25 LEUVEN 15/11/2026 — **PB (50m pool):** 02:41.59 **SB:** 02:34.25 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.46		01:16.41		01:56.43		02:34.25
		00:36.46		*00:39.95*		*00:40.02*		*00:37.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:12, starttime: 16:50

Heat: 12/12 Lane : 1 Athlete: VANGENECHTEN MATTHIAS — **Q-time: 01:13:22**

PB (25m pool): 01:12.03 Aarschot 11/11/2026 — **PB (50m pool):** 01:14.62 **SB:** 01:12.03 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.28		01:12.03	
		00:34.28		*00:37.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:5, starttime: 17:05

Heat: 5/15 Lane : 8 Athlete: SMEETS LOU — **Q-time: 01:49:33**

PB (25m pool): 01:48.53 Aarschot 11/11/2026 — **PB (50m pool):** 01:51.10 **SB:** 01:48.53 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:50.36		01:48.53	
		00:50.36		*00:58.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 17:10

Heat: 7/15 Lane : 6 Athlete: VANMECHELEN KATO — **Q-time: 01:44:91**

PB (25m pool): 01:41.36 Aarschot 11/11/2026 — **PB (50m pool):** 01:47.30 **SB:** 01:41.36 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:48.61		01:41.36	
		00:48.61		*00:52.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:9, starttime: 17:15

Heat: 9/15 Lane : 8 Athlete: BERTOLAZZI MONA — **Q-time: 01:42:51**

PB (25m pool): 01:41.84 Aarschot 11/11/2026 — **PB (50m pool):** 01:47.35 **SB:** 01:41.84 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:48.63		01:41.84	
		00:48.63		*00:53.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:10, starttime: 17:15

Heat: 10/15 Lane : 3 Athlete: VANGENECHTEN ANNA — **Q-time: 01:40:27**

PB (25m pool): 01:38.06 Aarschot 11/11/2026 — **PB (50m pool):** 01:42.53 **SB:** 01:38.06 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:46.90		01:38.06	
		00:46.90		*00:51.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: