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

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

Coaches: Melders Peter

Coaches: Geerits Valerie HEADCOACH

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:11, starttime: 14:20

Heat: 11/14 Lane : 5 Athlete: BEIJNSBERGER MATHIJS **Q-time: 01:20:57**

PB (25m pool): 01:20.57 Bree 31/05/2026 **PB (50m pool):** 01:25.44 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.55		01:20.57	
		00:37.55		*00:43.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:10, starttime: 14:45

Heat: 10/18 Lane : 6 Athlete: LUDWICZAK LENA **Q-time: 01:21:53**

PB (25m pool): 01:21.53 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:21.53 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.75		01:21.53	
		00:38.75		*00:42.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:15, starttime: 14:55

Heat: 15/18 Lane : 3 Athlete: BOUSSON JULIE **Q-time: 01:17:60**

PB (25m pool): 01:17.60 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:17.60	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:17, starttime: 15:00

Heat: 17/18 Lane : 5 Athlete: VANGELOVEN FRAN — **Q-time: 01:15:66**

PB (25m pool): 01:15.66 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:15.66	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:18, starttime: 15:00

Heat: 18/18 Lane : 2 Athlete: LAMBRIGTS GITTE — **Q-time: 01:13:41**

PB (25m pool): 01:13.41 Bree 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:13.41	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/13 Lane : 8 Athlete: SMEETS ELLA — **Q-time: 00:49:11**

PB (25m pool): 00:49.11 Bree 31/05/2026 **PB (50m pool):** 00:49.79 **SB:** 00:54.49 Hasselt 04/10/2026

	25 M	50 M	
PB		00:49.11	
	00:49.11		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:8, starttime: 15:15

Heat: 8/13 Lane : 8 Athlete: SCHROOTEN LIEN — **Q-time: 00:41:77**

PB (25m pool): 00:41.77 Hasselt 04/10/2026 **PB (50m pool):** 00:42.22 **SB:** 00:41.77 Hasselt 04/10/2026

	25 M	50 M	
PB		00:41.77	
	00:41.77		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/13 Lane : 2 Athlete: MOORS CALISTA — **Q-time: 00:40:32**

PB (25m pool): 00:40.32 Hasselt 04/10/2026 — **PB (50m pool):** 00:43.73 **SB:** 00:40.32 Hasselt 04/10/2026

	25 M	50 M	
PB		00:40.32	
	00:40.32		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:12, starttime: 15:20

Heat: 12/13 Lane : 5 Athlete: NULENS AZZURRA — **Q-time: 00:38:10**

PB (25m pool): 00:38.50 Bree 01/06/2025 — **PB (50m pool):** 00:38.10 **SB:** no time

	25 M	50 M	
PB		00:38.50	
	00:38.50		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 15:50

Heat: 4/13 Lane : 7 Athlete: VANDEWAERDE OOBE — **Q-time: 03:09:09**

PB (25m pool): 03:06.13 3500 Hasselt 24/11/2024 — **PB (50m pool):** 03:09.09 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.84		01:32.77		02:21.14		03:06.13
		00:44.84		*00:47.93*		*00:48.37*		*00:44.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:12, starttime: 16:25

Heat: 12/13 Lane : 3 Athlete: THEUWIS LISABET — **Q-time: 02:39:86**

PB (25m pool): 02:39.86 Bree 21/12/2025 — **PB (50m pool):** 02:47.33 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.36		01:18.22		no time		02:39.86
		00:38.36		*00:39.86*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:9, starttime: 16:45

Heat: 9/12 Lane : 4 Athlete: BIESIADECKI ALEXANDER — **Q-time: 01:17:12**

PB (25m pool): 01:17.12 Pelt 27/09/2026 **PB (50m pool):** 01:27.10 **SB:** 01:17.12 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.68		01:17.12	
		00:36.68		*00:40.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/12 Lane : 7 Athlete: NIJS VIKTOR — **Q-time: 01:13:06**

PB (25m pool): 01:13.06 Bree 31/05/2026 **PB (50m pool):** 01:16.85 **SB:** 01:13.13 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.38		01:13.06	
		00:35.38		*00:37.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/12 Lane : 8 Athlete: SEGERS FERRE — **Q-time: 01:14:27**

PB (25m pool): 01:14.27 Hasselt 04/10/2026 **PB (50m pool):** 01:19.18 **SB:** 01:14.27 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.35		01:14.27	
		00:35.35		*00:38.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 17:00

Heat: 3/15 Lane : 5 Athlete: SMEETS ELLA — **Q-time: 01:51:12**

PB (25m pool): 01:51.12 Hasselt 04/10/2026 **PB (50m pool):** 02:00.48 **SB:** 01:51.12 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.65		01:51.12	
		00:52.65		*00:58.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:6, starttime: 17:05

Heat: 6/15 Lane : 5 Athlete: SCHROOTEN LIEN — **Q-time: 01:45:61**

PB (25m pool): 01:45.61 Hasselt 04/10/2026 — **PB (50m pool):** 01:46.08 **SB:** 01:45.61 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.16		01:45.61	
		00:50.16		*00:55.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:12, starttime: 17:20

Heat: 12/15 Lane : 6 Athlete: NULENS AZZURRA — **Q-time: 01:37:55**

PB (25m pool): 01:37.55 Bree 21/12/2025 — **PB (50m pool):** 01:38.56 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.65		01:37.55	
		00:46.65		*00:50.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:13, starttime: 17:20

Heat: 13/15 Lane : 7 Athlete: MOORS CALISTA — **Q-time: 01:36:18**

PB (25m pool): 01:36.18 Hasselt 04/10/2026 — **PB (50m pool):** 01:43.28 **SB:** 01:36.18 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.09		01:36.18	
		00:46.09		*00:50.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: