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

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

Coaches: Smeets Mirthe

Coaches: Kozulya Mila

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

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:2, starttime: 14:30

Heat: 2/18 Lane : 8 Athlete: LBALI ALISA-SARA **Q-time: 01:38:48**

PB (25m pool): 01:38.48 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:38.48	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:4, starttime: 14:35

Heat: 4/18 Lane : 4 Athlete: BERGHMANS LAUREN **Q-time: 01:28:96**

PB (25m pool): 01:28.96 Bree 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:28.96	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:8, starttime: 14:45

Heat: 8/18 Lane : 3 Athlete: GABRIëLS AMELIA **Q-time: 01:22:71**

PB (25m pool): 01:22.71 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:22.71 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.55		01:22.71	
		00:39.55		*00:43.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:9, starttime: 14:45

Heat: 9/18 Lane : 3 Athlete: DREESSEN LYANA — **Q-time: 01:21:88**

PB (25m pool): 01:21.88 Viersen-Dülken 22/03/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:21.88	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/13 Lane : 2 Athlete: VANHAEN ALESSIA — **Q-time: 00:38:37**

PB (25m pool): 00:38.37 Nijlen 18/10/2026 **PB (50m pool):** 00:40.49 **SB:** 00:38.37 Nijlen 18/10/2026

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

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:1, starttime: 15:40

Heat: 1/13 Lane : 6 Athlete: LBALI ALISA-SARA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:3, starttime: 15:50

Heat: 3/13 Lane : 1 Athlete: BERGHMANS LAUREN — **Q-time: 03:17:29**

PB (25m pool): no time **PB (50m pool):** 03:04.11 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/13 Lane : 2 Athlete: DREESSEN LYANA — **Q-time: 03:08:98**

PB (25m pool): 03:08.98 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.81		01:30.47		02:20.26		03:08.98
		00:42.81		*00:47.66*		*00:49.79*		*00:48.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/13 Lane : 6 Athlete: GABRIëLS AMELIA — **Q-time: 03:08:54**

PB (25m pool): 03:08.54 3500 Hasselt 23/11/2025 **PB (50m pool):** 03:09.46 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.45		01:30.88		02:20.33		03:08.54
		00:43.45		*00:47.43*		*00:49.45*		*00:48.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:4, starttime: 16:35

Heat: 4/12 Lane : 5 Athlete: MWIRI SAM — **Q-time: 01:23:50**

PB (25m pool): 01:23.50 Bree 31/05/2026 **PB (50m pool):** 01:21.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.38		01:23.50	
		00:39.38		*00:44.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:5, starttime: 16:40

Heat: 5/12 Lane : 8 Athlete: VANDEBROUCK ARNO — **Q-time: 01:22:82**

PB (25m pool): 01:22.82 Hasselt 04/10/2026 **PB (50m pool):** 01:24.54 **SB:** 01:22.82 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.56		01:22.82	
		00:40.56		*00:42.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 16:45

Heat: 7/12 Lane : 2 Athlete: POORTERS ARNE — **Q-time: 01:19:51**

PB (25m pool): 01:19.51 Nijlen 18/10/2026 **PB (50m pool):** 01:21.31 **SB:** 01:19.51 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.75		01:19.51	
		00:37.75		*00:41.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/15 Lane : 3 Athlete: VANHAEN ALESSIA — **Q-time: 01:38:82**

PB (25m pool): 01:38.82 Nijlen 18/10/2026 **PB (50m pool):** 01:41.18 **SB:** 01:38.82 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.75		01:38.82	
		00:45.75		*00:53.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: