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

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:1, starttime: 14:30

Heat: 1/18 Lane : 2 Athlete: GERETS ANNELIEN **Q-time: 99:99:99**

PB (25m pool): 01:35.17 De Sprink 23/12/2023 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:35.17	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:7, starttime: 14:40

Heat: 7/18 Lane : 5 Athlete: DESAIR ANNA-LOUISE **Q-time: 01:23:16**

PB (25m pool): 01:23.16 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:23.16 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.98		01:23.16	
	00:37.98		*00:45.18*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/18 Lane : 4 Athlete: VANIERSCHOT LINA **Q-time: 01:21:81**

PB (25m pool): 01:21.81 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:21.81	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 14/18 Lane : 1 Athlete: FRANSSEN LYNA — **Q-time: 01:18:78**

PB (25m pool): 01:18.78 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:18.78 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.58		01:18.78	
		00:36.58		*00:42.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/18 Lane : 6 Athlete: VANDER MEER AMBER — **Q-time: 01:18:41**

PB (25m pool): 01:18.41 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:18.41 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.38		01:18.41	
		00:36.38		*00:42.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:16, starttime: 15:00

Heat: 16/18 Lane : 3 Athlete: COPERMANS SAM — **Q-time: 01:16:90**

PB (25m pool): 01:16.90 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:16.90 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.74		01:16.90	
		00:35.74		*00:41.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/18 Lane : 4 Athlete: THEWISSEN MIRTHE — **Q-time: 01:15:65**

PB (25m pool): 01:15.65 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:15.65 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.29		01:15.65	
		00:34.29		*00:41.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 8/13 Lane : 7 Athlete: PUT TYANA — **Q-time: 00:41:61**

PB (25m pool): 00:42.30 Hasselt 04/10/2026 — **PB (50m pool):** 00:41.61 **SB:** 00:42.30 Hasselt 04/10/2026

	25 M	50 M	
PB		00:42.30	
	00:42.30		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:13, starttime: 15:35

Heat: 13/16 Lane : 6 Athlete: HOUSEN ILYA — **Q-time: 00:30:40**

PB (25m pool): 00:30.40 LEUVEN 15/11/2026 — **PB (50m pool):** 00:31.11 **SB:** 00:30.40 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:30.40	
	00:30.40		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/13 Lane : 7 Athlete: STRIGENZ ELIEN — **Q-time: 03:00:87**

PB (25m pool): 03:00.87 Hasselt 04/10/2026 — **PB (50m pool):** 03:13.01 **SB:** 03:00.87 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.15		01:28.20		02:15.06		03:00.87
	00:42.15		*00:46.05*		*00:46.86*		*00:45.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:9, starttime: 16:10

Heat: 9/13 Lane : 7 Athlete: FRANSSEN LYNA — **Q-time: 02:49:43**

PB (25m pool): 02:49.43 Beringen 08/02/2026 — **PB (50m pool):** 02:56.58 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.21		01:24.39		no time		02:49.43
	00:41.21		*00:43.18*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:10, starttime: 16:15

Heat: 10/13 Lane : 2 Athlete: VANIERSCHOT NORA — **Q-time: 02:46:41**

PB (25m pool): 02:45.37 3500 Hasselt 28/04/2024 **PB (50m pool):** 02:48.24 **SB:** 02:46.41 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:45.37
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:10, starttime: 16:15

Heat: 10/13 Lane : 3 Athlete: DESAIR ANNA-LOUISE — **Q-time: 02:45:15**

PB (25m pool): 02:45.15 LEUVEN 15/11/2026 **PB (50m pool):** 02:55.55 **SB:** 02:45.15 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:40.32		01:22.10		02:03.97		02:45.15
		00:40.32		*00:41.78*		*00:41.87*		*00:41.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:10, starttime: 16:15

Heat: 10/13 Lane : 4 Athlete: VANDER MEER NOOR — **Q-time: 02:44:91**

PB (25m pool): 02:44.91 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:53.39 **SB:** 02:44.91 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.70		01:21.06		02:03.37		02:44.91
		00:38.70		*00:42.36*		*00:42.31*		*00:41.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:11, starttime: 16:20

Heat: 11/13 Lane : 1 Athlete: VANIERSCHOT LINA — **Q-time: 02:44:52**

PB (25m pool): 02:44.52 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:47.94 **SB:** 02:44.52 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.31		01:20.60		02:03.14		02:44.52
		00:38.31		*00:42.29*		*00:42.54*		*00:41.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:11, starttime: 16:20

Heat: 11/13 Lane : 4 Athlete: GERETS ANNELIEN — **Q-time: 02:42:46**

PB (25m pool): 02:42.46 Hasselt 04/10/2026 — **PB (50m pool):** 03:00.96 **SB:** 02:42.46 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.43		01:20.17		02:01.41		02:42.46
		00:39.43		*00:40.74*		*00:41.24*		*00:41.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 13/13 Lane : 2 Athlete: THEWISSEN MIRTHE — **Q-time: 02:36:57**

PB (25m pool): 02:36.57 Hasselt 04/10/2026 — **PB (50m pool):** 02:41.02 **SB:** 02:36.57 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.36		01:17.59		01:57.93		02:36.57
		00:37.36		*00:40.23*		*00:40.34*		*00:38.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 13/15 Lane : 5 Athlete: PUT TYANA — **Q-time: 01:35:31**

PB (25m pool): 01:35.31 LEUVEN 15/11/2026 — **PB (50m pool):** 01:38.16 **SB:** 01:35.31 LEUVEN 15/11/2026

	25M	50M	75M	100M	
PB		00:44.04		01:35.31	
		00:44.04		*00:51.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: