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

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

Coaches: Valvekens Cindy

Coaches: Lievens Stijn HEADCOACH

Coaches: Dormaels Caroline

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

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:3, starttime: 14:05

Heat: 3/14 Lane : 6 Athlete: LENDERS PABLO — **Q-time: 01:39:74**

PB (25m pool): 01:33.25 Aarschot 11/11/2026 **PB (50m pool):** 01:44.61 **SB:** 01:33.25 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:44.77		01:33.25	
		00:44.77		*00:48.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:12, starttime: 14:25

Heat: 12/14 Lane : 3 Athlete: VERBRUGGEN MATS — **Q-time: 01:18:67**

PB (25m pool): 01:18.08 Aarschot 11/11/2026 **PB (50m pool):** 01:22.06 **SB:** 01:18.08 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.71		01:18.08	
		00:36.71		*00:41.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/18 Lane : 5 Athlete: WILLEN LUNA — **Q-time: 01:25:93**

PB (25m pool): 01:24.93 Aarschot 11/11/2026 **PB (50m pool):** no time **SB:** 01:24.93 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:24.93	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 8/18 Lane : 1 Athlete: FEYAERTS SAVANNAH — **Q-time: 01:22:90**

PB (25m pool): 01:22.90 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:22.90 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.89		01:22.90	
	00:38.89		*00:44.01*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:11, starttime: 14:50

Heat: 11/18 Lane : 1 Athlete: DE CAT DO — **Q-time: 01:21:13**

PB (25m pool): 01:21.13 Aarschot 04/05/2025 **PB (50m pool):** no time **SB:** 01:23.24 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.13	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:12, starttime: 14:50

Heat: 12/18 Lane : 1 Athlete: LEMBRECHTS SIEN — **Q-time: 01:20:29**

PB (25m pool): 01:19.02 Aarschot 11/11/2026 **PB (50m pool):** no time **SB:** 01:19.02 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.02	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/18 Lane : 3 Athlete: GERARD CARYS — **Q-time: 01:18:38**

PB (25m pool): 01:18.38 Aarschot 29/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:18.38	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 15/18 Lane : 7 Athlete: SILVERANS MILA — **Q-time: 01:17:84**

PB (25m pool): 01:13.40 Aarschot 11/11/2026 **PB (50m pool):** no time **SB:** 01:13.40 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:13.40	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:2, starttime: 15:05

Heat: 2/13 Lane : 5 Athlete: PUT JULIE — **Q-time: 00:49:97**

PB (25m pool): 00:52.07 Herentals 09/05/2026 **PB (50m pool):** 00:49.97 **SB:** no time

	25 M	50 M	
PB		00:52.07	
	00:52.07		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/13 Lane : 2 Athlete: VERHEYEN CHARLOTTE — **Q-time: 00:48:22**

PB (25m pool): 00:48.22 Aarschot 27/07/2026 **PB (50m pool):** 00:48.87 **SB:** no time

	25 M	50 M	
PB		00:48.22	
	00:48.22		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:10

Heat: 5/13 Lane : 8 Athlete: WILLEN LENTHE — **Q-time: 00:44:65**

PB (25m pool): 00:44.65 Aarschot 27/07/2026 **PB (50m pool):** 00:45.43 **SB:** no time

	25 M	50 M	
PB		00:44.65	
	00:44.65		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:6, starttime: 15:10

Heat: 6/13 Lane : 5 Athlete: WILLEM NORE — **Q-time: 00:42:77**

PB (25m pool): 00:42.77 Aarschot 27/07/2026 **PB (50m pool):** 00:48.66 **SB:** no time

	25 M	50 M	
PB		00:42.77	
	00:42.77		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/13 Lane : 3 Athlete: LEMBRECHTS KAAT — **Q-time: 00:41:91**

PB (25m pool): 00:41.91 Leuven 04/10/2026 **PB (50m pool):** 00:42.60 **SB:** 00:41.91 Leuven 04/10/2026

	25 M	50 M	
PB		00:41.91	
	00:41.91		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:13, starttime: 15:20

Heat: 13/13 Lane : 4 Athlete: DEXTERS MILA — **Q-time: 00:36:05**

PB (25m pool): 00:36.05 Leuven 04/10/2026 **PB (50m pool):** 00:40.87 **SB:** 00:36.05 Leuven 04/10/2026

	25 M	50 M	
PB		00:36.05	
	00:36.05		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:13, starttime: 15:20

Heat: 13/13 Lane : 5 Athlete: SMEKENS ELLA — **Q-time: 00:36:43**

PB (25m pool): 00:37.47 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 00:36.43 **SB:** 00:37.52 Leuven 04/10/2026

	25 M	50 M	
PB		00:37.47	
	00:37.47		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:2, starttime: 15:20

Heat: 2/16 Lane : 3 Athlete: LENDERS PABLO — **Q-time: 00:39:96**

PB (25m pool): 00:39.96 Herentals 09/05/2026 **PB (50m pool):** 00:40.09 **SB:** no time

	25 M	50 M	
PB		00:39.96	
		00:39.96	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:10, starttime: 15:30

Heat: 10/16 Lane : 3 Athlete: VERBRUGGEN MATS — **Q-time: 00:32:36**

PB (25m pool): 00:32.11 LEUVEN 15/11/2026 **PB (50m pool):** 00:33.48 **SB:** 00:32.11 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:32.11	
		00:32.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:10, starttime: 15:30

Heat: 10/16 Lane : 7 Athlete: VERHEYEN STEPHEN — **Q-time: 00:32:42**

PB (25m pool): 00:32.42 LEUVEN 23/11/2025 **PB (50m pool):** 00:32.71 **SB:** no time

	25 M	50 M	
PB		00:32.42	
		00:32.42	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:14, starttime: 15:35

Heat: 14/16 Lane : 8 Athlete: VANHELMONT DANTE — **Q-time: 00:29:82**

PB (25m pool): 00:29.82 Herentals 09/05/2026 **PB (50m pool):** 00:30.46 **SB:** 00:29.88 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.82	
		00:29.82	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:5, starttime: 15:55

Heat: 5/13 Lane : 7 Athlete: WILLEN LUNA — **Q-time: 03:04:28**

PB (25m pool): 03:04.28 Zwembad De Motte 14/07/2026 **PB (50m pool):** 03:12.82 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.84		01:31.65		no time		03:04.28
		00:44.84		*00:46.81*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:8, starttime: 16:10

Heat: 8/13 Lane : 1 Athlete: LEMBRECHTS SIEN — **Q-time: 02:53:42**

PB (25m pool): 02:53.42 Zwembad De Motte 14/07/2026 **PB (50m pool):** 03:02.57 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.85		01:23.31		no time		02:53.42
		00:39.85		*00:43.46*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/13 Lane : 5 Athlete: GERARD CARYS — **Q-time: 02:44:92**

PB (25m pool): 02:44.92 Aarschot 26/04/2026 **PB (50m pool):** 02:53.92 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.55		01:22.00		no time		02:44.92
		00:39.55		*00:42.45*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/13 Lane : 7 Athlete: DE CAT DO — **Q-time: 02:47:38**

PB (25m pool): 02:47.38 Aarschot 26/04/2026 **PB (50m pool):** 02:55.20 **SB:** 02:52.30 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.46		01:22.50		no time		02:47.38
		00:39.46		*00:43.04*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 12/13 Lane : 1 Athlete: SILVERANS MILA — **Q-time: 02:42:16**

PB (25m pool): 02:42.16 Aarschot 26/04/2026 — **PB (50m pool):** 02:45.48 **SB:** 02:42.69 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.00		01:19.95		no time		02:42.16
		00:38.00		*00:41.95*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:2, starttime: 16:35

Heat: 2/12 Lane : 4 Athlete: LENDERS ESTEBAN — **Q-time: 01:29:64**

PB (25m pool): 01:34.91 Pelt 27/09/2026 — **PB (50m pool):** 01:29.64 **SB:** 01:34.91 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.84		01:34.91	
		00:43.84		*00:51.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/12 Lane : 3 Athlete: WINNEPENNINCKX FELIX — **Q-time: 01:18:70**

PB (25m pool): 01:17.11 Aarschot 11/11/2026 — **PB (50m pool):** 01:23.83 **SB:** 01:17.11 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.92		01:17.11	
		00:35.92		*00:41.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/15 Lane : 8 Athlete: DEGREEF EMELIE — **Q-time: 01:54:45**

PB (25m pool): 01:51.35 Aarschot 11/11/2026 — **PB (50m pool):** 01:54.45 **SB:** 01:51.35 Aarschot 11/11/2026

	25 M	50 M	75 M	100 M	
PB		00:52.84		01:51.35	
		00:52.84		*00:58.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/15 Lane : 2 Athlete: PUT JULIE — **Q-time: 01:48:78**

PB (25m pool): 01:48.78 Pelt 27/09/2026 **PB (50m pool):** 01:51.29 **SB:** 01:48.78 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:51.34		01:48.78	
		00:51.34		*00:57.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/15 Lane : 4 Athlete: WILLEM NORE — **Q-time: 01:45:41**

PB (25m pool): 01:45.41 Pelt 27/09/2026 **PB (50m pool):** 01:50.93 **SB:** 01:45.41 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:50.24		01:45.41	
		00:50.24		*00:55.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:8, starttime: 17:10

Heat: 8/15 Lane : 1 Athlete: WILLEN LENTHE — **Q-time: 01:43:66**

PB (25m pool): 01:43.66 Pelt 27/09/2026 **PB (50m pool):** 01:49.90 **SB:** 01:43.66 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:49.50		01:43.66	
		00:49.50		*00:54.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/15 Lane : 8 Athlete: DEXTERS MILA — **Q-time: 01:39:47**

PB (25m pool): 01:39.47 Leuven 04/10/2026 **PB (50m pool):** 01:48.70 **SB:** 01:39.47 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.22		01:39.47	
		00:48.22		*00:51.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 12/15 Lane : 1 Athlete: LEMBRECHTS KAAT **Q-time: 01:37:73**

PB (25m pool): 01:37.73 Leuven 04/10/2026 **PB (50m pool):** 01:43.30 **SB:** 01:37.73 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:45.77		01:37.73	
		00:45.77		*00:51.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: