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

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

Coaches: Fekkers Roos HEADCOACH

Coaches: Winderix Wannes

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 : 2 Athlete: LAENEN CID — **Q-time: 01:39:84**

PB (25m pool): 01:39.84 Zaventem 08/02/2026 **PB (50m pool):** 01:36.86 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.65		01:39.84	
		00:46.65		*00:53.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:8, starttime: 14:15

Heat: 8/14 Lane : 6 Athlete: FLORES SéBASTIEN — **Q-time: 01:26:04**

PB (25m pool): 01:26.04 Zaventem 08/02/2026 **PB (50m pool):** 01:37.39 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.20		01:26.04	
		00:39.20		*00:46.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:10, starttime: 14:20

Heat: 10/14 Lane : 6 Athlete: VAN GORP LUCAS — **Q-time: 01:22:52**

PB (25m pool): 01:22.52 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:22.86 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.64		01:22.52	
		00:38.64		*00:43.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 14/14 Lane : 2 Athlete: CAMBRON WARD — **Q-time: 01:13:41**

PB (25m pool): 01:13.41 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:17.79 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.38		01:13.41	
		00:33.38		*00:40.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/18 Lane : 3 Athlete: GIJSENBERG WINKE — **Q-time: 01:23:78**

PB (25m pool): 01:23.78 Hannuit 29/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:23.78	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/18 Lane : 1 Athlete: FERNANDEZ PEDRERA TARIK LAILA — **Q-time: 01:21:70**

PB (25m pool): 01:21.70 Tienen 26/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:21.70	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/18 Lane : 7 Athlete: ADAM MAELINE — **Q-time: 01:21:69**

PB (25m pool): 01:21.69 Hannuit 29/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:21.69	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/18 Lane : 8 Athlete: ROOSEN TESS — **Q-time: 01:21:73**

PB (25m pool): 01:21.73 Zwembad De Motte 14/07/2026 **PB (50m pool):** no time **SB:** 01:22.57 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.73	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/18 Lane : 1 Athlete: AMADOU CAMILLE — **Q-time: 01:16:34**

PB (25m pool): 01:16.34 Hannuit 28/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:16.34	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/16 Lane : 6 Athlete: LAENEN CID — **Q-time: 00:40:02**

PB (25m pool): 00:40.02 Tervuren 10/10/2026 **PB (50m pool):** 00:43.88 **SB:** 00:40.02 Tervuren 10/10/2026

	25 M	50 M	
PB		00:40.02	
	00:40.02		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:9, starttime: 15:30

Heat: 9/16 Lane : 3 Athlete: DECLERQ ARTHUR — **Q-time: 00:32:98**

PB (25m pool): 00:32.98 LEUVEN 15/11/2026 **PB (50m pool):** no time **SB:** 00:32.98 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:32.98	
	00:32.98		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/16 Lane : 6 Athlete: FLORES SéBASTIEN — **Q-time: 00:32:37**

PB (25m pool): 00:32.37 Tervuren 10/10/2026 — **PB (50m pool):** 00:33.65 **SB:** 00:32.37 Tervuren 10/10/2026

	25 M	50 M	
PB		00:32.37	
		00:32.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:16, starttime: 15:35

Heat: 16/16 Lane : 1 Athlete: CAMBRON WARD — **Q-time: 00:28:74**

PB (25m pool): 00:28.74 Hannuit 28/03/2026 — **PB (50m pool):** 00:29.70 **SB:** 00:29.26 Leuven 04/10/2026

	25 M	50 M	
PB		00:28.74	
		00:28.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:7, starttime: 16:05

Heat: 7/13 Lane : 7 Athlete: AMADOU CAMILLE — **Q-time: 02:56:71**

PB (25m pool): 02:56.71 LEUVEN 21/12/2025 — **PB (50m pool):** 03:11.64 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.17		01:26.65		02:12.21		02:56.71
		00:42.17		*00:44.48*		*00:45.56*		*00:44.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: