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

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

Coaches: Dirkx Evi HEADCOACH

Coaches: Stabel Siegfried

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

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:9, starttime: 14:15

Heat: 9/14 Lane : 8 Athlete: BANCIU ADAM — **Q-time: 01:25:60**

PB (25m pool): 01:25.60 Nijlen 18/10/2026 **PB (50m pool):** 01:34.09 **SB:** 01:25.60 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.79		01:25.60	
		00:40.79		*00:44.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:3, starttime: 14:35

Heat: 3/18 Lane : 8 Athlete: VAN MECHELEN LUNA — **Q-time: 01:33:66**

PB (25m pool): 01:33.66 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:35.83 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.04		01:33.66	
		00:43.04		*00:50.62*	
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Coach feedback:

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

Heat: 12/18 Lane : 6 Athlete: VAN MECHELEN ZOë — **Q-time: 01:20:20**

PB (25m pool): 01:20.20 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.00		01:20.20	
		00:36.00		*00:44.20*	
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Coach feedback:

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

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:5, starttime: 15:25

Heat: 5/16 Lane : 5 Athlete: BANCIU ADAM — **Q-time: 00:36:39**

PB (25m pool): 00:36.39 Nijlen 18/10/2026 **PB (50m pool):** 00:40.09 **SB:** 00:36.39 Nijlen 18/10/2026

	25 M	50 M
PB		00:36.39
	00:36.39	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:2, starttime: 15:45

Heat: 2/13 Lane : 6 Athlete: VAN MECHELEN LUNA — **Q-time: 03:22:09**

PB (25m pool): 03:22.09 Mol 04/10/2026 **PB (50m pool):** 03:26.41 **SB:** 03:22.09 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.06		01:38.25		02:31.09		03:22.09
	00:47.06		*00:51.19*		*00:52.84*		*00:51.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/13 Lane : 1 Athlete: VAN MECHELEN ZOë — **Q-time: 02:47:47**

PB (25m pool): 02:47.47 Mol 28/12/2025 **PB (50m pool):** 02:56.17 **SB:** 02:50.62 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.01		01:22.46		02:07.00		02:47.47
	00:39.01		*00:43.45*		*00:44.54*		*00:40.47*	
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Coach feedback: