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

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

Coaches: Vanmeerbeek Rob HEADCOACH

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:6, starttime: 14:10

Heat: 6/14 Lane : 2 Athlete: DERAEMAECKER LANDER **Q-time: 01:31:27**

PB (25m pool): 01:31.27 LEUVEN 15/11/2026 **PB (50m pool):** 01:38.76 **SB:** 01:31.27 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:42.81		01:31.27	
		00:42.81		*00:48.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 5 Athlete: LAPEIRRE TIEBEN **Q-time: 01:26:00**

PB (25m pool): 01:26.00 LEUVEN 21/12/2025 **PB (50m pool):** 01:27.56 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.56		01:26.00	
		00:40.56		*00:45.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/18 Lane : 1 Athlete: SOARES ALMEIDA LISA **Q-time: 01:26:95**

PB (25m pool): 01:26.95 Tremelo 12/01/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:26.95	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 8/18 Lane : 7 Athlete: VANHEULE LéA — **Q-time: 01:22:86**

PB (25m pool): 01:22.86 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 01:22.86 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:22.86	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/18 Lane : 3 Athlete: BURSSENS EMMA — **Q-time: 01:19:25**

PB (25m pool): 01:19.25 Leuven 23/02/2025 **PB (50m pool):** no time **SB:** 01:22.81 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.25	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/18 Lane : 4 Athlete: VAN BEGIN SARAH — **Q-time: 01:19:11**

PB (25m pool): 01:19.11 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 01:19.11 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.11	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/18 Lane : 8 Athlete: GADEYNE OLIVIA — **Q-time: 01:17:23**

PB (25m pool): 01:17.23 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:17.23 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.19		01:17.23	
		00:35.19		*00:42.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/13 Lane : 3 Athlete: VANDENSANDE LUCíA — **Q-time: 00:49:97**

PB (25m pool): 00:49.97 LEUVEN. 22/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:49.97	
		00:49.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/13 Lane : 8 Athlete: VANDENSANDE CLARA — **Q-time: 00:51:65**

PB (25m pool): 00:51.65 LEUVEN. 22/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:51.65	
		00:51.65	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/13 Lane : 4 Athlete: ASSAM ELOISE — **Q-time: 00:46:44**

PB (25m pool): 00:46.44 LEUVEN 15/11/2026 **PB (50m pool):** 00:47.72 **SB:** 00:46.44 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:46.44	
		00:46.44	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/13 Lane : 7 Athlete: DE RYCK HANNE — **Q-time: 00:43:15**

PB (25m pool): 00:43.15 Hoogstraten 27/09/2026 **PB (50m pool):** 00:45.07 **SB:** 00:43.15 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:43.15	
		00:43.15	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/13 Lane : 5 Athlete: VAN HOUDT SEOANE LISA — **Q-time: 00:40:18**

PB (25m pool): 00:40.18 LEUVEN 15/11/2026 — **PB (50m pool):** 00:48.70 **SB:** 00:40.18 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:40.18	
	00:40.18		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:11, starttime: 15:30

Heat: 11/16 Lane : 7 Athlete: LAPEIRRE TIEBEN — **Q-time: 00:31:95**

PB (25m pool): 00:31.95 Hoogstraten 27/09/2026 — **PB (50m pool):** 00:32.02 **SB:** 00:31.95 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:31.95	
	00:31.95		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 7 Athlete: VAN BEGIN SARAH — **Q-time: 02:43:93**

PB (25m pool): 02:43.93 3500 Hasselt 18/10/2026 — **PB (50m pool):** 02:52.21 **SB:** 02:43.93 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.65		01:22.73		02:05.01		02:43.93
	00:39.65		*00:43.08*		*00:42.28*		*00:38.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/12 Lane : 6 Athlete: SPAAS MILOU — **Q-time: 01:31:92**

PB (25m pool): 01:31.92 Aartselaar 01/11/2026 — **PB (50m pool):** no time **SB:** 01:31.92 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:44.20		01:31.92	
	00:44.20		*00:47.72*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/12 Lane : 2 Athlete: ARUSTAMYAN ARTHUR — **Q-time: 01:24:56**

PB (25m pool): 01:24.56 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:25.09 **SB:** 01:26.03 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:40.84		01:24.56	
		00:40.84		*00:43.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/12 Lane : 4 Athlete: KERREMANS SEM — **Q-time: 01:21:33**

PB (25m pool): 01:21.33 LEUVEN 15/11/2026 **PB (50m pool):** no time **SB:** 01:21.33 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:37.95		01:21.33	
		00:37.95		*00:43.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/12 Lane : 7 Athlete: SPADEA SAMUELE — **Q-time: 01:22:37**

PB (25m pool): 01:22.37 LEUVEN 15/11/2026 **PB (50m pool):** no time **SB:** 01:22.37 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.52		01:22.37	
		00:39.52		*00:42.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:8, starttime: 16:45

Heat: 8/12 Lane : 2 Athlete: SIGSWORTH KAYA — **Q-time: 01:18:24**

PB (25m pool): 01:18.24 LEUVEN 15/11/2026 **PB (50m pool):** 01:19.37 **SB:** 01:18.24 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.72		01:18.24	
		00:38.72		*00:39.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/15 Lane : 5 Athlete: ASSAM ELOISE — **Q-time: 01:48:12**

PB (25m pool): 01:48.12 LEUVEN 15/11/2026 — **PB (50m pool):** 01:53.28 **SB:** 01:48.12 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:51.11		01:48.12	
		00:51.11		*00:57.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 17:10

Heat: 7/15 Lane : 2 Athlete: CREEMERS LIEZE — **Q-time: 01:45:18**

PB (25m pool): 01:45.18 LEUVEN 15/11/2026 — **PB (50m pool):** 01:55.66 **SB:** 01:45.18 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:49.45		01:45.18	
		00:49.45		*00:55.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/15 Lane : 8 Athlete: VAN HOUDT SEOANE LISA — **Q-time: 01:43:69**

PB (25m pool): 01:47.53 Tremelo 15/12/2024 — **PB (50m pool):** 01:43.69 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.57		01:47.53	
		00:50.57		*00:56.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:10, starttime: 17:15

Heat: 10/15 Lane : 5 Athlete: VANDENSANDE CLARA — **Q-time: 01:40:13**

PB (25m pool): 01:40.13 Aartselaar 01/11/2026 — **PB (50m pool):** 01:48.16 **SB:** 01:40.13 Aartselaar 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:46.55		01:40.13	
		00:46.55		*00:53.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:10, starttime: 17:15

Heat: 10/15 Lane : 7 Athlete: DE RYCK HANNE — **Q-time: 01:41:12**

PB (25m pool): 01:41.12 LEUVEN 15/11/2026 — **PB (50m pool):** 01:44.36 **SB:** 01:41.12 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:47.66		01:41.12	
		00:47.66		*00:53.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/15 Lane : 3 Athlete: VANDENSANDE LUCíA — **Q-time: 01:37:54**

PB (25m pool): 01:37.54 LEUVEN 15/11/2026 — **PB (50m pool):** 01:43.53 **SB:** 01:37.54 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:47.97		01:37.54	
		00:47.97		*00:49.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: