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

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

Coaches: Wielfaert Wout

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:2, starttime: 14:00

Heat: 2/14 Lane : 3 Athlete: CARLIER REMI **Q-time: 01:45:06**

PB (25m pool): 01:45.06 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:55.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.05		01:45.06	
		00:50.05		*00:55.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:4, starttime: 14:05

Heat: 4/14 Lane : 4 Athlete: DE REGGE MATTEO **Q-time: 01:35:26**

PB (25m pool): 01:35.26 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:41.17 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.33		01:35.26	
		00:45.33		*00:49.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:5, starttime: 14:10

Heat: 5/14 Lane : 5 Athlete: HOEYMANS CEDRIC **Q-time: 01:33:49**

PB (25m pool): 01:33.49 EEKLO 04/10/2026 **PB (50m pool):** 01:37.05 **SB:** 01:33.49 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.63		01:33.49	
		00:43.63		*00:49.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/14 Lane : 8 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 01:23:61**

PB (25m pool): 01:23.61 Dendermonde. 14/11/2026 **PB (50m pool):** 01:29.30 **SB:** 01:23.61 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:39.76		01:23.61	
	00:39.76		*00:43.85*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:2, starttime: 14:30

Heat: 2/18 Lane : 3 Athlete: DE KETELAERE FEBE — **Q-time: 01:36:00**

PB (25m pool): 01:36.00 Dendermonde. 14/11/2026 **PB (50m pool):** no time **SB:** 01:36.00 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:36.00	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:4, starttime: 14:35

Heat: 4/18 Lane : 1 Athlete: BERTE LISE — **Q-time: 01:30:19**

PB (25m pool): 01:30.19 Diksmuide 28/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.95		01:30.19	
	00:42.95		*00:47.24*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/18 Lane : 2 Athlete: VAN LIERDE ROOS — **Q-time: 01:21:62**

PB (25m pool): 01:21.62 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:21.62 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.62	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/18 Lane : 5 Athlete: VAN DE WALLE NORA — **Q-time: 01:21:48**

PB (25m pool): 01:21.48 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:21.48 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:21.48	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:3, starttime: 15:25

Heat: 3/16 Lane : 3 Athlete: VAN BRAECKEL SEPPE — **Q-time: 00:38:84**

PB (25m pool): 00:39.07 Diksmuide 17/11/2024 **PB (50m pool):** 00:38.84 **SB:** no time

	25 M	50 M	
PB		00:39.07	
	00:39.07		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:4, starttime: 15:25

Heat: 4/16 Lane : 2 Athlete: HOEYMANS CEDRIC — **Q-time: 00:37:30**

PB (25m pool): 00:37.30 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:42.55 **SB:** 00:37.30 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:37.30	
	00:37.30		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:4, starttime: 15:25

Heat: 4/16 Lane : 5 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 00:37:12**

PB (25m pool): 00:37.12 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 00:40.87 **SB:** 00:37.15 EEKLO 04/10/2026

	25 M	50 M	
PB		00:37.12	
	00:37.12		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 50M BUTTERFLY MEN 13+ Heat:4, starttime: 15:25

Heat: 4/16 Lane : 8 Athlete: CARLIER REMI **Q-time: 00:37:94**

PB (25m pool): 00:37.94 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:37.94 Sint-Amandsberg 18/10/2026

	25M	50M	
PB		00:37.94	
	00:37.94		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/16 Lane : 1 Athlete: DE REGGE MATTEO **Q-time: 00:32:46**

PB (25m pool): 00:32.46 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:35.54 **SB:** 00:32.46 Sint-Amandsberg 18/10/2026

	25M	50M	
PB		00:32.46	
	00:32.46		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ Heat:1, starttime: 15:40

Heat: 1/13 Lane : 3 Athlete: DE KETELAERE FEBE **Q-time: 03:45:66**

PB (25m pool): no time **PB (50m pool):** 03:45.66 **SB:** no time

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

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ Heat:3, starttime: 15:50

Heat: 3/13 Lane : 5 Athlete: VAN DE WALLE NORA **Q-time: 03:10:84**

PB (25m pool): no time **PB (50m pool):** 03:10.84 **SB:** no time

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

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:3, starttime: 15:50

Heat: 3/13 Lane : 7 Athlete: BERTE LISE — **Q-time: 03:17:15**

PB (25m pool): 03:17.15 Zottegem 01/03/2026 **PB (50m pool):** 03:25.08 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.95		01:37.83		no time		03:17.15
		00:46.95		*00:50.88*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 5 Athlete: VAN LIERDE ROOS — **Q-time: 02:50:72**

PB (25m pool): 02:50.72 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:53.14 **SB:** 02:50.72 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.96		01:23.91		02:08.09		02:50.72
		00:39.96		*00:43.95*		*00:44.18*		*00:42.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/12 Lane : 4 Athlete: BOAST ALEXANDER — **Q-time: 01:23:00**

PB (25m pool): 01:24.69 Eeklo 19/04/2026 **PB (50m pool):** 01:23.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.56		01:24.69	
		00:40.56		*00:44.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:11, starttime: 16:50

Heat: 11/12 Lane : 1 Athlete: VAN LIERDE DAAN — **Q-time: 01:15:22**

PB (25m pool): 01:15.22 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:19.06 **SB:** 01:15.22 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.94		01:15.22	
		00:35.94		*00:39.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: