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

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

Coaches: Dierckx Davy HEADCOACH

Coaches: Feyten Anne

Coaches: Bertels Guy

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 : 5 Athlete: BELLENS PIETER — **Q-time: 01:38:24**

PB (25m pool): 01:38.24 Nijlen 18/10/2026 **PB (50m pool):** 01:48.66 **SB:** 01:38.24 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.81		01:38.24	
		00:45.81		*00:52.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/14 Lane : 8 Athlete: FEYEN AEDEN — **Q-time: 01:18:13**

PB (25m pool): 01:18.13 Mol 04/10/2026 **PB (50m pool):** 01:23.54 **SB:** 01:18.13 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.52		01:18.13	
		00:36.52		*00:41.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/18 Lane : 7 Athlete: DIERCKX FEMKE — **Q-time: 01:16:25**

PB (25m pool): 01:16.25 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:17.12 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.58		01:16.25	
		00:35.58		*00:40.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/16 Lane : 5 Athlete: BELLENS PIETER — **Q-time: 00:39:93**

PB (25m pool): 00:39.93 Nijlen 18/10/2026 — **PB (50m pool):** 00:43.91 **SB:** 00:39.93 Nijlen 18/10/2026

	25 M	50 M	
PB		00:39.93	
	00:39.93		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/16 Lane : 6 Athlete: FEYEN AEDEN — **Q-time: 00:31:65**

PB (25m pool): 00:31.65 Mol 04/10/2026 — **PB (50m pool):** 00:32.90 **SB:** 00:31.65 Mol 04/10/2026

	25 M	50 M	
PB		00:31.65	
	00:31.65		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/16 Lane : 2 Athlete: BERTELS QUILLAN — **Q-time: 00:29:07**

PB (25m pool): 00:29.07 Mol 04/10/2026 — **PB (50m pool):** 00:29.10 **SB:** 00:29.07 Mol 04/10/2026

	25 M	50 M	
PB		00:29.07	
	00:29.07		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:9, starttime: 16:10

Heat: 9/13 Lane : 1 Athlete: DIERCKX FEMKE — **Q-time: 02:50:24**

PB (25m pool): 02:50.24 Aarschot 04/05/2025 — **PB (50m pool):** 02:59.56 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.24		01:21.99		no time		02:50.24
	00:39.24		*00:42.75*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 11/12 Lane : 6 Athlete: JANSSENS ALEXANDER — **Q-time: 01:15:00**

PB (25m pool): 01:15.00 Mol 04/10/2026 **PB (50m pool):** 01:15.09 **SB:** 01:15.00 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.71		01:15.00	
		00:36.71		*00:38.29*	
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Coach feedback:

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

Heat: 6/15 Lane : 6 Athlete: LAMBRECHTS JADE — **Q-time: 01:46:84**

PB (25m pool): 01:51.50 Turnhout 01/03/2026 **PB (50m pool):** 01:43.20 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.96		01:51.50	
		00:51.96		*00:59.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: