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

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

Coaches: Van de Capelle Elke HEADCOACH

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

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

Heat: 4/14 Lane : 5 Athlete: VERSCHELDE THIJS **Q-time: 01:35:32**

PB (25m pool): 01:35.43 Durmehal 28/02/2026 **PB (50m pool):** 01:35.32 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.51		01:35.43	
		00:45.51		*00:49.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/14 Lane : 7 Athlete: VANMEIRHAEGHE KASPER **Q-time: 01:31:32**

PB (25m pool): 01:31.32 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:33.11 **SB:** 01:32.96 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.49		01:31.32	
		00:43.49		*00:47.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 3 Athlete: LONG XIANG **Q-time: 01:26:04**

PB (25m pool): 01:26.04 EEKLO 04/10/2026 **PB (50m pool):** 01:31.97 **SB:** 01:26.04 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.90		01:26.04	
		00:39.90		*00:46.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/14 Lane : 5 Athlete: HEMELSOEN AARYAN — **Q-time: 01:22:41**

PB (25m pool): 01:22.41 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:24.05 **SB:** 01:24.74 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.85		01:22.41	
		00:38.85		*00:43.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:11, starttime: 14:20

Heat: 11/14 Lane : 3 Athlete: NIEMEGEERTS SVEN — **Q-time: 01:20:72**

PB (25m pool): 01:20.72 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:29.08 **SB:** 01:20.94 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.25		01:20.72	
		00:38.25		*00:42.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:5, starttime: 14:35

Heat: 5/18 Lane : 3 Athlete: VANDENBUSSCHE LENA — **Q-time: 01:27:96**

PB (25m pool): 01:27.96 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:27.96 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:27.96	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/18 Lane : 7 Athlete: VAN BUGGENHOUT AMBER — **Q-time: 01:24:58**

PB (25m pool): 01:24.58 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:24.58 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:24.58	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:9, starttime: 14:45

Heat: 9/18 Lane : 7 Athlete: LAGA LORE — **Q-time: 01:22:17**

PB (25m pool): 01:22.17 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:22.17 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:22.17	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:14, starttime: 14:55

Heat: 14/18 Lane : 7 Athlete: DIERICKX MAREN — **Q-time: 01:18:43**

PB (25m pool): 01:18.43 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:18.43 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:18.43	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/18 Lane : 8 Athlete: BULCKAEN JANNE — **Q-time: 01:16:39**

PB (25m pool): 01:16.39 Temse 15/11/2026 **PB (50m pool):** no time **SB:** 01:16.39 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:35.88		01:16.39	
		00:35.88		*00:40.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:12, starttime: 15:20

Heat: 12/13 Lane : 6 Athlete: WILLAERT NAOMI — **Q-time: 00:38:16**

PB (25m pool): 00:38.16 Waregem 26/09/2026 **PB (50m pool):** 00:42.07 **SB:** 00:38.16 Waregem 26/09/2026

	25 M	50 M	
PB		00:38.16	
		00:38.16	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/16 Lane : 4 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 00:36:18**

PB (25m pool): 00:36.18 Eeklo 19/04/2026 **PB (50m pool):** 00:36.69 **SB:** 00:36.88 Waregem 26/09/2026

	2 5 M	5 0 M	
PB		00:36.18	
		00:36.18	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:6, starttime: 15:25

Heat: 6/16 Lane : 5 Athlete: VERSCHELDE THIJS — **Q-time: 00:34:92**

PB (25m pool): 00:34.92 Eeklo 19/04/2026 **PB (50m pool):** 00:36.34 **SB:** no time

	2 5 M	5 0 M	
PB		00:34.92	
		00:34.92	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/16 Lane : 5 Athlete: LONG XIANG — **Q-time: 00:32:82**

PB (25m pool): 00:32.82 Waregem 26/09/2026 **PB (50m pool):** 00:35.50 **SB:** 00:32.82 Waregem 26/09/2026

	2 5 M	5 0 M	
PB		00:32.82	
		00:32.82	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/16 Lane : 4 Athlete: HEMELSOEN AARYAN — **Q-time: 00:29:89**

PB (25m pool): 00:29.89 Eeklo 19/04/2026 **PB (50m pool):** 00:31.50 **SB:** 00:30.53 Waregem 26/09/2026

	2 5 M	5 0 M	
PB		00:29.89	
		00:29.89	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/16 Lane : 8 Athlete: NIEMEGEERTS SVEN — **Q-time: 00:30:88**

PB (25m pool): 00:30.88 EEKLO 04/10/2026 — **PB (50m pool):** 00:31.67 **SB:** 00:30.88 EEKLO 04/10/2026

	25 M	50 M
PB		00:30.88
	00:30.88	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/13 Lane : 8 Athlete: VANDENBUSSCHE LENA — **Q-time: 03:18:96**

PB (25m pool): no time — **PB (50m pool):** 03:18.96 **SB:** no time

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

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/13 Lane : 6 Athlete: VAN BUGGENHOUT AMBER — **Q-time: 02:59:97**

PB (25m pool): 03:00.30 EEKLO 04/10/2026 — **PB (50m pool):** 02:59.97 **SB:** 03:00.30 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.49		01:27.55		no time		03:00.30
		00:42.49		*00:45.06*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 2 Athlete: BULCKAEN JANNE — **Q-time: 02:53:25**

PB (25m pool): 02:53.25 Temse 17/11/2025 — **PB (50m pool):** 03:02.52 **SB:** 02:57.82 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.74		01:24.89		02:08.94		02:53.25
	00:40.74		*00:44.15*		*00:44.05*		*00:44.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 8/13 Lane : 4 Athlete: DIERICKX MAREN — **Q-time: 02:50:29**

PB (25m pool): 02:50.29 EEKLO 04/10/2026 **PB (50m pool):** 03:39.88 **SB:** 02:50.29 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.06		01:23.63		no time		02:50.29
		00:40.06		*00:43.57*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 6 Athlete: MORTIER ALIX — **Q-time: 02:51:34**

PB (25m pool): 02:51.34 Eeklo 06/04/2026 **PB (50m pool):** 02:52.17 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.68		01:24.61		no time		02:51.34
		00:41.68		*00:42.93*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:10, starttime: 16:50

Heat: 10/12 Lane : 6 Athlete: DE CONINCK MAXIME — **Q-time: 01:16:40**

PB (25m pool): 01:13.88 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:20.22 **SB:** 01:13.88 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.08		01:13.88	
		00:36.08		*00:37.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/15 Lane : 1 Athlete: WILLAERT NAOMI — **Q-time: 01:41:25**

PB (25m pool): 01:41.25 Dendermonde. 22/11/2025 **PB (50m pool):** 01:43.64 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.09		01:41.25	
		00:48.09		*00:53.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: