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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 8 Athlete: VERHAGEN MIEL — **Q-time: 01:37:73**

PB (25m pool): 01:37.73 Durmehal 28/02/2026 **PB (50m pool):** 01:44.34 **SB:** 01:40.77 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:45.29		01:37.73	
		00:45.29		*00:52.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/14 Lane : 6 Athlete: COGEN ALEX — **Q-time: 01:31:22**

PB (25m pool): 01:31.22 Durmehal 27/09/2026 **PB (50m pool):** 01:33.28 **SB:** 01:31.22 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.68		01:31.22	
		00:43.68		*00:47.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/14 Lane : 7 Athlete: VANHAVERE DAAN — **Q-time: 01:25:37**

PB (25m pool): 01:25.37 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:30.17 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.87		01:25.37	
		00:39.87		*00:45.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:11, starttime: 14:50

Heat: 11/18 Lane : 2 Athlete: VAN HUL EMMA — **Q-time: 01:20:86**

PB (25m pool): 01:20.86 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:20.86	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:11, starttime: 14:50

Heat: 11/18 Lane : 5 Athlete: PUNZO MICHELLE — **Q-time: 01:20:75**

PB (25m pool): 01:20.75 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:20.75	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 5 Athlete: ROGIERS LOTTE — **Q-time: 00:39:21**

PB (25m pool): 00:39.21 EEKLO 04/10/2026 **PB (50m pool):** 00:43.47 **SB:** 00:39.21 EEKLO 04/10/2026

	25 M	50 M	
PB		00:39.21	
	00:39.21		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:1, starttime: 15:20

Heat: 1/16 Lane : 2 Athlete: COGEN ALEX — **Q-time: 00:47:55**

PB (25m pool): 00:47.55 Sinbad 05/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:47.55	
	00:47.55		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:8, starttime: 15:30

Heat: 8/16 Lane : 3 Athlete: MARTENS YWEIN — **Q-time: 00:33:61**

PB (25m pool): 00:33.61 Durmehal 27/09/2026 — **PB (50m pool):** 00:37.86 **SB:** 00:33.61 Durmehal 27/09/2026

	25 M	50 M	
PB		00:33.61	
	00:33.61		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:12, starttime: 15:35

Heat: 12/16 Lane : 4 Athlete: VANHAVERE DAAN — **Q-time: 00:30:97**

PB (25m pool): 00:30.97 EEKLO 04/10/2026 — **PB (50m pool):** 00:31.71 **SB:** 00:30.97 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.97	
	00:30.97		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:16, starttime: 15:35

Heat: 16/16 Lane : 6 Athlete: VAN DE GENDER NILS — **Q-time: 00:28:16**

PB (25m pool): 00:28.16 T ROSCO 12/10/2025 — **PB (50m pool):** 00:28.20 **SB:** 00:28.31 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.16	
	00:28.16		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:2, starttime: 16:55

Heat: 2/15 Lane : 6 Athlete: MARTENS WINNE — **Q-time: 01:58:50**

PB (25m pool): 01:58.50 Durmehal 28/02/2026 — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.45		01:58.50	
	00:55.45		*01:03.05*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/15 Lane : 3 Athlete: BOURFA SALMA — **Q-time: 01:46:13**

PB (25m pool): 01:46.13 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.53		01:46.13	
		00:49.53		*00:56.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/15 Lane : 5 Athlete: ROGIERS LOTTE — **Q-time: 01:38:23**

PB (25m pool): 01:38.23 EEKLO 04/10/2026 **PB (50m pool):** 01:43.43 **SB:** 01:38.23 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.05		01:38.23	
		00:47.05		*00:51.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/15 Lane : 4 Athlete: DE HERT JANNE — **Q-time: 01:37:16**

PB (25m pool): 01:37.16 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:47.31 **SB:** 01:37.16 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.94		01:37.16	
		00:46.94		*00:50.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/15 Lane : 8 Athlete: VERCAUTEREN LIENA — **Q-time: 01:37:78**

PB (25m pool): 01:37.78 Durmehal 27/09/2026 **PB (50m pool):** 01:46.88 **SB:** 01:37.78 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:46.24		01:37.78	
		00:46.24		*00:51.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: