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

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

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

Coaches: Januarius Bart

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

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:1, starttime: 14:00

Heat: 1/14 Lane : 3 Athlete: DESMET FINN **Q-time: 01:56:63**

PB (25m pool): 01:57.32 LEUVEN 21/12/2025 **PB (50m pool):** 01:56.63 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.30		01:57.32	
		00:55.30		*01:02.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/14 Lane : 4 Athlete: DOBBELEIRE NIELS **Q-time: 01:33:03**

PB (25m pool): 01:29.70 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 01:32.64 **SB:** 01:29.70 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:42.11		01:29.70	
		00:42.11		*00:47.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 13+ Heat:7, starttime: 14:15

Heat: 7/14 Lane : 8 Athlete: ABOUAZAR PIETER **Q-time: 01:30:40**

PB (25m pool): 01:30.40 Tournai 18/01/2026 **PB (50m pool):** 01:39.63 **SB:** 01:32.13 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:41.77		01:30.40	
		00:41.77		*00:48.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 20: 100M BREASTSTROKE MEN 13+ — Heat:12, starttime: 14:25

Heat: 12/14 Lane : 2 Athlete: BRYNAERT JONAS — **Q-time: 01:19:56**

PB (25m pool): 01:15.86 Aarschot 28/04/2024 **PB (50m pool):** 01:17.93 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:15.86	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/14 Lane : 4 Athlete: SEGERS LOUIS — **Q-time: 01:15:37**

PB (25m pool): 01:15.37 LEUVEN 23/11/2025 **PB (50m pool):** 01:49.23 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.11		01:15.37	
		00:35.11		*00:40.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 5 Athlete: BRYNAERT JASPER — **Q-time: 01:11:20**

PB (25m pool): 01:11.20 Ternat 30/03/2025 **PB (50m pool):** 01:13.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.79		01:11.20	
		00:33.79		*00:37.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/18 Lane : 1 Athlete: DHOKER LOTTE — **Q-time: 01:37:29**

PB (25m pool): 01:37.29 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:37.29 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:37.29	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/18 Lane : 7 Athlete: DOYEN LAURE — **Q-time: 01:37:20**

PB (25m pool): 01:37.20 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:37.20	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/18 Lane : 7 Athlete: VANDERBEKEN SHAïNA — **Q-time: 01:29:87**

PB (25m pool): 01:29.87 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:29.87	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/18 Lane : 1 Athlete: HEYE MIRTHE — **Q-time: 01:19:49**

PB (25m pool): 01:19.49 Sint-Pieters-Leeuw 05/10/2025 **PB (50m pool):** no time **SB:** 01:19.96 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.49	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/18 Lane : 8 Athlete: GHISLAIN EMILIE — **Q-time: 01:19:76**

PB (25m pool): 01:19.74 Sint-Pieters-Leeuw 06/10/2024 **PB (50m pool):** no time **SB:** 01:19.76 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.74	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 14/18 Lane : 4 Athlete: GHISLAIN JULIETTE — **Q-time: 01:18:05**

PB (25m pool): 01:18.05 Sint-Pieters-Leeuw 05/10/2025 **PB (50m pool):** no time **SB:** 01:19.00 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:18.05	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:9, starttime: 15:15

Heat: 9/13 Lane : 6 Athlete: PEETERS RUCHE ALICIA — **Q-time: 00:40:73**

PB (25m pool): 00:40.73 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:44.59 **SB:** 00:40.73 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:40.73	
	00:40.73		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/16 Lane : 6 Athlete: DESMET FINN — **Q-time: 00:45:99**

PB (25m pool): 00:45.99 Dilbeek 27/09/2026 **PB (50m pool):** 00:46.77 **SB:** 00:45.99 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:45.99	
	00:45.99		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/16 Lane : 1 Athlete: DOBBELEIRE NIELS — **Q-time: 00:37:85**

PB (25m pool): 00:37.85 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:39.17 **SB:** 00:37.85 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:37.85	
	00:37.85		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/16 Lane : 3 Athlete: ABOUAZAR PIETER — **Q-time: 00:34:97**

PB (25m pool): 00:34.97 Dilbeek 27/09/2026 **PB (50m pool):** no time **SB:** 00:34.97 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:34.97	
		00:34.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:7, starttime: 15:25

Heat: 7/16 Lane : 8 Athlete: GHISLAIN ANTOINE — **Q-time: 00:34:77**

PB (25m pool): 00:34.77 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:38.59 **SB:** 00:34.77 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:34.77	
		00:34.77	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:14, starttime: 15:35

Heat: 14/16 Lane : 2 Athlete: BRYNAERT JONAS — **Q-time: 00:29:69**

PB (25m pool): 00:29.48 Leuven 20/10/2024 **PB (50m pool):** 00:29.70 **SB:** no time

	25 M	50 M	
PB		00:29.48	
		00:29.48	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/16 Lane : 5 Athlete: BRYNAERT JASPER — **Q-time: 00:28:83**

PB (25m pool): 00:28.83 Gent 23/02/2025 **PB (50m pool):** 00:29.54 **SB:** no time

	25 M	50 M	
PB		00:28.83	
		00:28.83	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 15/16 Lane : 8 Athlete: WALDMAN JONATHAN — **Q-time: 00:29:56**

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

	25 M	50 M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/16 Lane : 7 Athlete: SEGERS LOUIS — **Q-time: 00:28:69**

PB (25m pool): 00:28.69 Leuven 12/10/2025 **PB (50m pool):** 00:29.02 **SB:** no time

	25 M	50 M	
PB		00:28.69	
	00:28.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/13 Lane : 4 Athlete: VANDERBEKEN SHAïNA — **Q-time: 03:32:70**

PB (25m pool): 03:32.70 Aarschot 04/05/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:50.16		01:44.82		no time		03:32.70
		00:50.16		*00:54.66*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/13 Lane : 5 Athlete: DHOKER LOTTE — **Q-time: 03:37:10**

PB (25m pool): 03:37.10 LEUVEN 21/12/2025 **PB (50m pool):** 03:37.54 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:49.69		01:45.64		02:41.94		03:37.10
		00:49.69		*00:55.95*		*00:56.30*		*00:55.16*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:2, starttime: 15:45

Heat: 2/13 Lane : 3 Athlete: DOYEN LAURE — **Q-time: 03:21:28**

PB (25m pool): 03:21.28 LEUVEN 21/12/2025 **PB (50m pool):** 03:52.44 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:48.06		01:38.85		02:31.28		03:21.28
		00:48.06		*00:50.79*		*00:52.43*		*00:50.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 3 Athlete: HEYE MIRTHE — **Q-time: 02:51:03**

PB (25m pool): 02:50.35 Aarschot 28/04/2024 **PB (50m pool):** 02:51.03 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:50.35
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/12 Lane : 1 Athlete: CLAESSENS MATTIZ — **Q-time: 01:25:19**

PB (25m pool): 01:25.19 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:34.75 **SB:** 01:25.19 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.68		01:25.19	
		00:39.68		*00:45.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/12 Lane : 6 Athlete: DHOKER TIJL — **Q-time: 01:24:22**

PB (25m pool): 01:24.22 Dilbeek 27/09/2026 **PB (50m pool):** 01:35.88 **SB:** 01:24.22 Dilbeek 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:39.08		01:24.22	
		00:39.08		*00:45.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/12 Lane : 3 Athlete: DHONDT MICHIEL — **Q-time: 01:21:95**

PB (25m pool): 01:21.95 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:25.03 **SB:** 01:21.95 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.07		01:21.95	
	00:39.07		*00:42.88*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:6, starttime: 16:40

Heat: 6/12 Lane : 3 Athlete: ABOUAZAR KARL — **Q-time: 01:20:28**

PB (25m pool): 01:20.28 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:25.53 **SB:** 01:20.28 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.42		01:20.28	
	00:37.42		*00:42.86*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/12 Lane : 7 Athlete: JANUARIUS JULES — **Q-time: 01:16:77**

PB (25m pool): 01:16.77 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:23.57 **SB:** 01:16.77 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.40		01:16.77	
	00:36.40		*00:40.37*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:13, starttime: 17:20

Heat: 13/15 Lane : 2 Athlete: PEETERS RUCHE ALICIA — **Q-time: 01:36:15**

PB (25m pool): 01:36.15 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:46.59 **SB:** 01:36.15 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.36		01:36.15	
	00:45.36		*00:50.79*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: