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

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

Coaches: Defoin Steven

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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 : 8 Athlete: DELSIENE STAN **Q-time: 01:53:22**

PB (25m pool): no time **PB (50m pool):** 01:51.35 **SB:** no time

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

Coach feedback:

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

Heat: 3/16 Lane : 7 Athlete: VRANKEN IAN **Q-time: 00:39:21**

PB (25m pool): 00:42.53 Hannuit 28/03/2026 **PB (50m pool):** 00:39.21 **SB:** no time

	25 M	50 M	
PB		00:42.53	
	00:42.53		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/16 Lane : 8 Athlete: WERY MILAN **Q-time: 00:32:08**

PB (25m pool): 00:32.08 Hasselt 04/10/2026 **PB (50m pool):** 00:32.40 **SB:** 00:32.08 Hasselt 04/10/2026

	25 M	50 M	
PB		00:32.08	
	00:32.08		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 14/16 Lane : 6 Athlete: RUYMEN SIEBE **Q-time: 00:29:65**

PB (25m pool): 00:29.65 Hasselt 04/10/2026 **PB (50m pool):** 00:30.74 **SB:** 00:29.65 Hasselt 04/10/2026

	25 M	50 M	
PB		00:29.65	
		00:29.65	
	. . : . . : . .	. . : . . : . .	

Coach feedback: