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

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

Coaches: Loos Kim HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

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

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

Heat: 7/14 Lane : 2 Athlete: LIEVENS RUBE — **Q-time: 01:29:52**

PB (25m pool): 01:29.52 Mol 04/10/2026 **PB (50m pool):** 01:36.79 **SB:** 01:29.52 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.49		01:29.52	
		00:41.49		*00:48.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/14 Lane : 3 Athlete: AGTEN VALERIO ÁLVARO — **Q-time: 01:29:47**

PB (25m pool): 01:29.47 Herentals 09/05/2026 **PB (50m pool):** 01:32.87 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.67		01:29.47	
		00:41.67		*00:47.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:1, starttime: 14:30

Heat: 1/18 Lane : 4 Athlete: SEGERS EMMA — **Q-time: 01:38:96**

PB (25m pool): 01:38.96 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.32		01:38.96	
		00:49.32		*00:49.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/18 Lane : 2 Athlete: NIEUWENHUIS ZOë — **Q-time: 01:29:50**

PB (25m pool): 01:29.50 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.93		01:29.50	
		00:43.93		*00:45.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/18 Lane : 5 Athlete: WOUTERS DORA — **Q-time: 01:27:67**

PB (25m pool): 01:27.67 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:27.67 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.03		01:27.67	
		00:40.03		*00:47.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:6, starttime: 14:40

Heat: 6/18 Lane : 2 Athlete: DJONOU IMBA ITZANA — **Q-time: 01:26:44**

PB (25m pool): 01:26.44 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:26.44 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.65		01:26.44	
		00:41.65		*00:44.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/18 Lane : 1 Athlete: VALKENBORGHS YANNE — **Q-time: 01:24:63**

PB (25m pool): 01:24.63 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** no time **SB:** 01:28.82 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.04		01:24.63	
		00:39.04		*00:45.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:8, starttime: 14:45

Heat: 8/18 Lane : 2 Athlete: VAN ASTEN RENéE — **Q-time: 01:22:79**

PB (25m pool): 01:22.79 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:22.79 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.34		01:22.79	
		00:39.34		*00:43.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/18 Lane : 2 Athlete: HUFKENS ELINA — **Q-time: 01:22:11**

PB (25m pool): 01:22.11 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:22.11 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.75		01:22.11	
		00:37.75		*00:44.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:15, starttime: 14:55

Heat: 15/18 Lane : 1 Athlete: COOLS YELENA — **Q-time: 01:17:89**

PB (25m pool): 01:17.89 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:18.99 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.96		01:17.89	
		00:36.96		*00:40.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:15, starttime: 14:55

Heat: 15/18 Lane : 6 Athlete: POELS NOMI — **Q-time: 01:17:66**

PB (25m pool): 01:17.66 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.26		01:17.66	
		00:36.26		*00:41.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/13 Lane : 3 Athlete: BOECKX LISA — **Q-time: 00:47:00**

PB (25m pool): 00:47.00 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:47.00 Durmehal 27/09/2026

	25 M	50 M	
PB		00:47.00	
		00:47.00	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/13 Lane : 6 Athlete: VAN DE WEYER FOUKE — **Q-time: 00:48:11**

PB (25m pool): 00:48.11 Mol 04/10/2026 **PB (50m pool):** 00:52.45 **SB:** 00:48.11 Mol 04/10/2026

	25 M	50 M	
PB		00:48.11	
		00:48.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:4, starttime: 15:10

Heat: 4/13 Lane : 3 Athlete: SCHEPERS LENTHE — **Q-time: 00:45:29**

PB (25m pool): 00:45.29 Herentals 09/05/2026 **PB (50m pool):** 00:47.80 **SB:** 00:46.50 Mol 04/10/2026

	25 M	50 M	
PB		00:45.29	
		00:45.29	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:7, starttime: 15:10

Heat: 7/13 Lane : 1 Athlete: VEREECKEN WANTER FELINE — **Q-time: 00:42:55**

PB (25m pool): 00:43.33 Mol 04/10/2026 **PB (50m pool):** 00:42.55 **SB:** 00:43.33 Mol 04/10/2026

	25 M	50 M	
PB		00:43.33	
		00:43.33	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/16 Lane : 1 Athlete: NEYRINCK RUBEN — **Q-time: 00:35:89**

PB (25m pool): 00:35.89 Nijlen 18/10/2026 **PB (50m pool):** 00:37.11 **SB:** 00:35.89 Nijlen 18/10/2026

	25 M	50 M	
PB		00:35.89	
	00:35.89		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/16 Lane : 8 Athlete: LIEVENS RUBE — **Q-time: 00:36:06**

PB (25m pool): 00:36.06 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:36.06 Durmehal 27/09/2026

	25 M	50 M	
PB		00:36.06	
	00:36.06		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/16 Lane : 6 Athlete: AGTEN VALERIO ÁLVARO — **Q-time: 00:33:11**

PB (25m pool): 00:33.53 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:33.11 **SB:** no time

	25 M	50 M	
PB		00:33.53	
	00:33.53		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/13 Lane : 2 Athlete: SEGERS EMMA — **Q-time: 03:23:64**

PB (25m pool): no time **PB (50m pool):** 03:23.64 **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:

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

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

Heat: 2/13 Lane : 5 Athlete: NIEUWENHUIS ZOë — **Q-time: 03:20:88**

PB (25m pool): no time **PB (50m pool):** 03:20.88 **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 : 1 Athlete: POELS NOMI — **Q-time: 03:01:19**

PB (25m pool): no time **PB (50m pool):** 03:01.19 **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 : 5 Athlete: HUFKENS ELINA — **Q-time: 02:59:15**

PB (25m pool): 02:59.15 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** 03:12.60 **SB:** 03:06.04 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.69		01:29.58		no time		02:59.15
	00:43.69		*00:45.89*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/13 Lane : 8 Athlete: COOLS YELENA — **Q-time: 03:02:98**

PB (25m pool): 03:03.66 TEMSE 24/11/2024 **PB (50m pool):** 03:02.98 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.36		01:33.11		02:20.63		03:03.66
	00:44.36		*00:48.75*		*00:47.52*		*00:43.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:13, starttime: 16:25

Heat: 13/13 Lane : 1 Athlete: CORNELIS KAAT — **Q-time: 02:37:29**

PB (25m pool): 02:37.29 LEUVEN 15/11/2026 — **PB (50m pool):** no time **SB:** 02:37.29 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.00		01:15.78		01:57.32		02:37.29
		00:36.00		*00:39.78*		*00:41.54*		*00:39.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:1, starttime: 16:30

Heat: 1/12 Lane : 5 Athlete: NIEUWENHUIS ISAAC — **Q-time: 01:40:33**

PB (25m pool): 01:38.43 LEUVEN 15/11/2026 — **PB (50m pool):** 01:43.67 **SB:** 01:38.43 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:46.61		01:38.43	
		00:46.61		*00:51.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 16:45

Heat: 7/12 Lane : 7 Athlete: VAN MEER RUNE — **Q-time: 01:19:65**

PB (25m pool): 01:18.68 LEUVEN 15/11/2026 — **PB (50m pool):** 01:25.93 **SB:** 01:18.68 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:37.72		01:18.68	
		00:37.72		*00:40.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/12 Lane : 3 Athlete: DE FEYTER LUCAS — **Q-time: 01:15:86**

PB (25m pool): 01:15.86 Durmehal 27/09/2026 — **PB (50m pool):** 01:16.75 **SB:** 01:15.86 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.40		01:15.86	
		00:36.40		*00:39.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 17:00

Heat: 3/15 Lane : 1 Athlete: VEREECKEN WANTER FELINE — **Q-time: 01:54:34**

PB (25m pool): 01:54.34 Nijlen 18/10/2026 — **PB (50m pool):** 02:01.27 **SB:** 01:54.34 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.83		01:54.34	
		00:52.83		*01:01.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 17:00

Heat: 3/15 Lane : 4 Athlete: VAN DE WEYER FOUKE — **Q-time: 01:50:67**

PB (25m pool): 01:50.67 Mol 04/10/2026 — **PB (50m pool):** 02:02.68 **SB:** 01:50.67 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.12		01:50.67	
		00:52.12		*00:58.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 17:10

Heat: 7/15 Lane : 7 Athlete: BOECKX LISA — **Q-time: 01:45:21**

PB (25m pool): 01:50.50 Nijlen 16/11/2025 — **PB (50m pool):** 01:45.21 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.46		01:50.50	
		00:51.46		*00:59.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/15 Lane : 2 Athlete: SCHEPERS LENTHE — **Q-time: 01:37:55**

PB (25m pool): 01:37.55 Nijlen 18/10/2026 — **PB (50m pool):** 01:54.21 **SB:** 01:37.55 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:51.70		01:37.55	
		00:51.70		*00:45.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: