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

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

Coaches: Wouters Ivan

Coaches: Neirynck Jan

Coaches: Van Dooren Glenn

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

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

Heat: 1/18 Lane : 5 Athlete: VAN CAUWENBERGE NORAH **Q-time: 01:40:55**

PB (25m pool): 01:40.55 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.22		01:40.55	
		00:49.22		*00:51.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/18 Lane : 7 Athlete: GEELEN GUUSJE **Q-time: 01:19:48**

PB (25m pool): 01:19.48 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 01:19.48 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.48	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:18, starttime: 15:00

Heat: 18/18 Lane : 8 Athlete: CLAES JADE **Q-time: 01:14:98**

PB (25m pool): 01:14.98 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 01:14.98 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:14.98	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:1, starttime: 15:05

Heat: 1/13 Lane : 6 Athlete: VAN HASSEL FEMKE — **Q-time: 00:53:92**

PB (25m pool): 00:53.92 Nijlen 18/10/2026 **PB (50m pool):** 00:54.00 **SB:** 00:53.92 Nijlen 18/10/2026

	25 M	50 M	
PB		00:53.92	
		00:53.92	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/13 Lane : 4 Athlete: TIELEMANS STIEN — **Q-time: 00:44:67**

PB (25m pool): 00:44.67 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 00:44.67 Nijlen 18/10/2026

	25 M	50 M	
PB		00:44.67	
		00:44.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:10

Heat: 5/13 Lane : 1 Athlete: CLAES SIEN — **Q-time: 00:44:28**

PB (25m pool): 00:44.28 Mol 04/10/2026 **PB (50m pool):** 00:45.34 **SB:** 00:44.28 Mol 04/10/2026

	25 M	50 M	
PB		00:44.28	
		00:44.28	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/13 Lane : 4 Athlete: DILLEN LOTTE — **Q-time: 00:40:58**

PB (25m pool): 00:40.58 Hoogstraten 27/09/2026 **PB (50m pool):** 00:41.12 **SB:** 00:40.58 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:40.58	
		00:40.58	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 11/13 Lane : 2 Athlete: VAN REETH LILIANA — **Q-time: 00:39:73**

PB (25m pool): 00:39.73 Nijlen 18/10/2026 — **PB (50m pool):** 00:45.80 **SB:** 00:39.73 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:39.73	
		00:39.73	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 7 Athlete: DILLEN HANNE — **Q-time: 00:39:74**

PB (25m pool): 00:39.74 Nijlen 18/10/2026 — **PB (50m pool):** 00:41.00 **SB:** 00:39.74 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:39.74	
		00:39.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/13 Lane : 3 Athlete: WYNANTS FRé — **Q-time: 00:38:11**

PB (25m pool): 00:38.68 Nijlen 18/10/2026 — **PB (50m pool):** 00:38.11 **SB:** 00:38.68 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:38.68	
		00:38.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/16 Lane : 7 Athlete: VAN DOOREN WITSE — **Q-time: 00:34:55**

PB (25m pool): 00:34.55 Nijlen 18/10/2026 — **PB (50m pool):** no time **SB:** 00:34.55 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:34.55	
		00:34.55	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:5, starttime: 15:55

Heat: 5/13 Lane : 2 Athlete: VAN CAUWENBERGE NORAH — **Q-time: 03:04:05**

PB (25m pool): 03:04.05 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.29		01:30.83		02:19.55		03:04.05
		00:43.29		*00:47.54*		*00:48.72*		*00:44.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:11, starttime: 16:20

Heat: 11/13 Lane : 6 Athlete: CLAES JADE — **Q-time: 02:43:42**

PB (25m pool): 02:43.42 Kapellen 30/05/2026 **PB (50m pool):** 02:51.97 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.26		01:19.52		no time		02:43.42
		00:38.26		*00:41.26*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:9, starttime: 16:45

Heat: 9/12 Lane : 1 Athlete: LENAERTS RUBEN — **Q-time: 01:17:81**

PB (25m pool): 01:19.36 Nijlen 18/10/2026 **PB (50m pool):** 01:17.81 **SB:** 01:19.36 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.82		01:19.36	
		00:36.82		*00:42.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:5, starttime: 17:05

Heat: 5/15 Lane : 7 Athlete: VAN HASSEL FEMKE — **Q-time: 01:49:04**

PB (25m pool): 01:49.04 Mol 04/10/2026 **PB (50m pool):** 01:57.09 **SB:** 01:49.04 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:53.21		01:49.04	
		00:53.21		*00:55.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/15 Lane : 7 Athlete: DILLEN LOTTE — **Q-time: 01:47:41**

PB (25m pool): 01:47.41 Mol 04/10/2026 **PB (50m pool):** 01:59.45 **SB:** 01:47.41 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.13		01:47.41	
		00:50.13		*00:57.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/15 Lane : 8 Athlete: DILLEN HANNE — **Q-time: 01:45:34**

PB (25m pool): 01:45.34 Nijlen 18/10/2026 **PB (50m pool):** 01:48.61 **SB:** 01:45.34 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:49.96		01:45.34	
		00:49.96		*00:55.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/15 Lane : 6 Athlete: VAN REETH LILIANA — **Q-time: 01:40:52**

PB (25m pool): 01:40.52 Nijlen 18/10/2026 **PB (50m pool):** 01:42.01 **SB:** 01:40.52 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.46		01:40.52	
		00:47.46		*00:53.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/15 Lane : 6 Athlete: TIELEMANS STIEN — **Q-time: 01:38:93**

PB (25m pool): 01:38.93 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:38.93 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.15		01:38.93	
		00:46.15		*00:52.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:14, starttime: 17:25

Heat: 14/15 Lane : 6 Athlete: CLAES SIEN — **Q-time: 01:33:64**

PB (25m pool): 01:33.64 Nijlen 18/10/2026 — **PB (50m pool):** 01:39.32 **SB:** 01:33.64 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.17		01:33.64	
		00:44.17		*00:49.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:15, starttime: 17:25

Heat: 15/15 Lane : 4 Athlete: WYNANTS FRé — **Q-time: 01:27:55**

PB (25m pool): 01:27.55 Nijlen 18/10/2026 — **PB (50m pool):** 01:33.40 **SB:** 01:27.55 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.18		01:27.55	
		00:41.18		*00:46.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: