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

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

Coaches: De Corte Alix

Coaches: Van Eylen Thomas HEADCOACH

Coaches: Eugene Felix

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 : 1 Athlete: DEMESMAEKER ALEX — **Q-time: 01:52:79**

PB (25m pool): 01:52.79 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.58		01:52.79	
		00:53.58		*00:59.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/14 Lane : 2 Athlete: HEBBELINCK SIMON — **Q-time: 01:25:30**

PB (25m pool): 01:25.30 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:34.53 **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.09		01:25.30	
		00:41.09		*00:44.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:3, starttime: 14:35

Heat: 3/18 Lane : 3 Athlete: STEENO LIES — **Q-time: 01:31:18**

PB (25m pool): 01:31.18 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:31.18 Sint-Pieters-Leeuw 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.18	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/18 Lane : 7 Athlete: PEETROONS ZENA — **Q-time: 01:28:58**

PB (25m pool): 01:28.58 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:28.58 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:28.58	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 18/18 Lane : 3 Athlete: BOXHO ALICE — **Q-time: 01:12:92**

PB (25m pool): 01:12.92 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.92		01:12.92	
	00:32.92		*00:40.00*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/16 Lane : 7 Athlete: HEBBELINCK SIMON — **Q-time: 00:33:79**

PB (25m pool): 00:33.79 Dilbeek 27/09/2026 **PB (50m pool):** 00:36.96 **SB:** 00:33.79 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:33.79	
	00:33.79		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/16 Lane : 1 Athlete: HEBBELINCK RUBEN — **Q-time: 00:29:29**

PB (25m pool): 00:29.29 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 00:30.69 **SB:** 00:29.30 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.29	
	00:29.29		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/13 Lane : 1 Athlete: THIERENS CHIARA — **Q-time: 03:28:31**

PB (25m pool): 03:28.31 Liedekerke 01/05/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:47.44		01:39.94		no time		03:28.31
		00:47.44		*00:52.50*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 15:50

Heat: 4/13 Lane : 3 Athlete: PEETROONS ZENA — **Q-time: 03:06:72**

PB (25m pool): 03:06.72 Liedekerke 01/05/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.32		01:31.72		no time		03:06.72
		00:43.32		*00:48.40*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/13 Lane : 8 Athlete: CHARLIER MARGOT — **Q-time: 03:04:42**

PB (25m pool): 03:04.42 Liedekerke 01/05/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.66		01:32.42		no time		03:04.42
		00:44.66		*00:47.76*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 13/13 Lane : 6 Athlete: BOXHO ALICE — **Q-time: 02:36:00**

PB (25m pool): 02:36.00 Zaventem 15/07/2025 **PB (50m pool):** 02:45.68 **SB:** 02:40.82 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.13		01:15.96		no time		02:36.00
		00:36.13		*00:39.83*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: