# Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: ZVL

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

**Coaches: Jacob Sven**

**Coaches: Daniëls Liesbeth**

**Coaches: Slootmaeckers Silke HEADCOACH**

**Coaches: Vanuytven Diane**

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

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

**Heat: 9/14 Lane : 6 Athlete: DRISSI EL MESKINI TAMIZ** — **Q-time: 01:25:27**

**PB (25m pool): 01:25.27 Aartselaar 01/11/2025** **PB (50m pool):** 01:26.40 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:40.66 | | 01:25.27 | |
| | | *00:40.66* | | *00:44.61* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 13/14 Lane : 2 Athlete: SLAETS CAZ** — **Q-time: 01:17:28**

**PB (25m pool): 01:17.28 Nijlen 16/11/2025** **PB (50m pool):** 01:17.32 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:36.54 | | 01:17.28 | |
| | | *00:36.54* | | *00:40.74* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 2/18 Lane : 6 Athlete: HERREMANS ELIEN** — **Q-time: 01:36:37**

**PB (25m pool): 01:36.37 Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:42.42 | | 01:36.37 | |
| | | *00:42.42* | | *00:53.95* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: ZVL

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

**Heat: 3/18 Lane : 4 Athlete: BOURGUIGNON NENA** — **Q-time: 01:31:06**

**PB (25m pool):** 01:31.06 Hoogstraten 27/09/2026 **PB (50m pool):** no time **SB:** 01:31.06 Hoogstraten 27/09/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | 01:31.06 | |
| | | *no time* | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 5/18 Lane : 6 Athlete: GERAEDTS MARIA** — **Q-time: 01:28:34**

**PB (25m pool):** 01:28.34 Hoogstraten 28/09/2025 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | 01:28.34 | |
| | | *no time* | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 6/18 Lane : 7 Athlete: SARMI SOFIA** — **Q-time: 01:26:58**

**PB (25m pool):** 01:26.58 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:40.41 | | 01:26.58 | |
| | | *00:40.41* | | *00:46.17* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:11, starttime: 14:50

**Heat: 11/18 Lane : 4 Athlete: DALEMANS NEL** — **Q-time: 01:20:71**

**PB (25m pool):** 01:20.71 Hoogstraten 28/09/2025 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | 01:20.71 | |
| | | *no time* | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: ZVL

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

**Heat: 1/13 Lane : 2 Athlete: DE KEYZER FRAN** — **Q-time: 00:57:16**

**PB (25m pool):** no time **PB (50m pool):** 00:57.16 **SB:** no time

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | no time | |
| | | *no time* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 10/13 Lane : 1 Athlete: VLUYMANS JULIE** — **Q-time: 00:40:37**

**PB (25m pool):** 00:40.37 Hoogstraten 27/09/2026 **PB (50m pool):** 00:44.96 **SB:** 00:40.37 Hoogstraten 27/09/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:40.37 | |
| | | *00:40.37* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 11/16 Lane : 3 Athlete: SLAETS CAZ** — **Q-time: 00:31:54**

**PB (25m pool):** 00:31.54 Mol 04/10/2026 **PB (50m pool):** 00:32.24 **SB:** 00:31.54 Mol 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:31.54 | |
| | | *00:31.54* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 5/13 Lane : 3 Athlete: SARMI SOFIA** — **Q-time: 03:03:14**

**PB (25m pool):** 03:03.14 Kapellen 01/06/2025 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:44.58 | | 01:31.31 | | no time | | 03:03.14 |
| | | *00:44.58* | | *00:46.73* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Herfstcriterium 2026: Session: 4: COACH evaluation sheet for TEAM: ZVL

## Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:7, starttime: 16:05

**Heat: 7/13 Lane : 5 Athlete: DALEMANS NEL** — **Q-time: 02:54:43**

**PB (25m pool):** 02:54.43 Kapellen 01/06/2025 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:41.10 | | 01:25.64 | | no time | | 02:54.43 |
| | | *00:41.10* | | *00:44.54* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:10, starttime: 16:15

**Heat: 10/13 Lane : 8 Athlete: VERDOOD PIP** — **Q-time: 02:47:71**

**PB (25m pool):** 02:47.71 Parklaan 58, Turnhout 30/03/2025 **PB (50m pool):** 02:48.63 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:39.59 | | 01:21.61 | | no time | | 02:47.71 |
| | | *00:39.59* | | *00:42.02* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 7/12 Lane : 4 Athlete: DE PUYDT ARTHUR** — **Q-time: 01:18:63**

**PB (25m pool):** 01:18.63 Nijlen 18/10/2026 **PB (50m pool):** 01:21.18 **SB:** 01:18.63 Nijlen 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:38.75 | | 01:18.63 | |
| | | *00:38.75* | | *00:39.88* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 6/15 Lane : 8 Athlete: VLUYMANS JULIE** — **Q-time: 01:48:02**

**PB (25m pool):** 01:48.02 Nijlen 18/10/2026 **PB (50m pool):** 02:08.37 **SB:** 01:48.02 Nijlen 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:50.58 | | 01:48.02 | |
| | | *00:50.58* | | *00:57.44* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback: