Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 09:00 untill 09:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Caerts Joke HEADCOACH

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

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:5, starttime: 10:45

Heat: 5/10 Lane : 6 Athlete: KERCKHOFS WOUKE **Q-time: 02:55:78**

PB (25m pool): 02:55.78 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 03:11.76 **SB:** 02:55.78 Sint-Pieters-Leeuw 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.56		no time		no time		02:55.78
		00:42.56						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:10, starttime: 11:00

Heat: 10/10 Lane : 6 Athlete: KERCKHOFS NIENKE **Q-time: 02:40:80**

PB (25m pool): 02:40.80 Leuven 04/10/2026 **PB (50m pool):** 02:42.85 **SB:** 02:40.80 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.40		01:18.88		02:04.30		02:40.80
		00:37.40		*00:41.48*		*00:45.42*		*00:36.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 Heat:2, starttime: 11:30

Heat: 2/10 Lane : 5 Athlete: SMEETS LOU **Q-time: 03:24:50**

PB (25m pool): 03:24.50 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 03:24.50 Sint-Pieters-Leeuw 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:51.39		no time		no time		03:24.50
		00:51.39						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: BEST

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:3, starttime: 11:30

Heat: 3/10 Lane : 3 Athlete: BERTOLAZZI MONA — **Q-time: 03:20:56**

PB (25m pool): 03:20.56 Pelt 27/09/2026 — **PB (50m pool):** 03:22.00 **SB:** 03:20.56 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:49.09		no time		no time		03:20.56
		00:49.09						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:40

Heat: 5/10 Lane : 5 Athlete: VANMECHELEN KATO — **Q-time: 03:11:18**

PB (25m pool): 03:11.18 Pelt 27/09/2026 — **PB (50m pool):** 03:17.42 **SB:** 03:11.18 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.50		no time		no time		03:11.18
		00:42.50						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: