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

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

Coaches: Dekoning Cindy

Coaches: De Wit Tessa HEADCOACH

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:8, starttime: 10:10

Heat: 8/17 Lane : 6 Athlete: VAN MELE GUNNAR **Q-time: 01:05:81**

PB (25m pool): 01:05.81 Hasselt 04/10/2026 **PB (50m pool):** 01:08.79 **SB:** 01:05.81 Hasselt 04/10/2026

	25M	50M	75M	100M	
PB		00:31.90		01:05.81	
		00:31.90		*00:33.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:3, starttime: 10:35

Heat: 3/10 Lane : 3 Athlete: CLAESKENS LINA **Q-time: 03:02:05**

PB (25m pool): 02:57.28 3500 Hasselt 27/11/2022 **PB (50m pool):** 03:01.72 **SB:** 03:07.18 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:57.28
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/10 Lane : 1 Athlete: VAES LIENE **Q-time: 03:29:55**

PB (25m pool): 03:29.55 Lommel 22/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:47.78		no time		no time		03:29.55
		00:47.78						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/10 Lane : 4 Athlete: OOMS CéLIA — **Q-time: 03:18:38**

PB (25m pool): 03:18.38 Zwembad De Motte 20/06/2026 **PB (50m pool):** 03:23.90 **SB:** 03:18.82 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:45.29		no time		no time		03:18.38
		00:45.29						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:8, starttime: 11:50

Heat: 8/10 Lane : 7 Athlete: POEL OONA — **Q-time: 03:03:87**

PB (25m pool): 03:03.87 Hasselt 04/10/2026 **PB (50m pool):** 03:13.11 **SB:** 03:03.87 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:40.61		01:26.38		02:21.79		03:03.87
		00:40.61		*00:45.77*		*00:55.41*		*00:42.08*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:9, starttime: 11:55

Heat: 9/10 Lane : 2 Athlete: MEYERS TRAPMAN ANNALINA — **Q-time: 03:01:75**

PB (25m pool): 03:01.75 Aarschot 26/04/2026 **PB (50m pool):** 03:04.94 **SB:** 03:04.39 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.31		01:26.34		02:19.43		03:01.75
		00:41.31		*00:45.03*		*00:53.09*		*00:42.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:4, starttime: 12:05

Heat: 4/13 Lane : 2 Athlete: VAN MELE GUNNAR — **Q-time: 00:38:50**

PB (25m pool): 00:40.34 Hasselt 04/05/2025 **PB (50m pool):** 00:38.50 **SB:** no time

	25M	50M	
PB		00:40.34	
		00:40.34	
	. . : . . : . .	. . : . . : . .	

Coach feedback: