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

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

Coaches: Melders Peter

Coaches: Geerits Valerie HEADCOACH

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:10, starttime: 10:15

Heat: 10/17 Lane : 6 Athlete: BEIJNSBERGER MATHIJS **Q-time: 01:03:52**

PB (25m pool): 01:03.52 Hasselt 04/10/2026 **PB (50m pool):** 01:07.70 **SB:** 01:03.52 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.67		01:03.52	
		00:29.67		*00:33.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:4, starttime: 10:40

Heat: 4/10 Lane : 8 Athlete: FRANSSEN EMILY **Q-time: 03:01:48**

PB (25m pool): 03:03.27 Bree 21/12/2025 **PB (50m pool):** 03:01.48 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.03		no time		no time		03:03.27
		00:40.03						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:7, starttime: 10:50

Heat: 7/10 Lane : 8 Athlete: VANDEWAERDE OOBE **Q-time: 02:51:59**

PB (25m pool): 02:51.59 Hasselt 04/10/2026 **PB (50m pool):** 02:57.97 **SB:** 02:51.59 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.66		01:25.95		02:13.84		02:51.59
		00:41.66		*00:44.29*		*00:47.89*		*00:37.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 10/10 Lane : 2 Athlete: VANGELOVEN FRAN — **Q-time: 02:41:37**

PB (25m pool): 02:41.37 Hasselt 04/10/2026 — **PB (50m pool):** 02:47.08 **SB:** 02:41.37 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.95		01:17.44		02:04.43		02:41.37
		00:35.95		*00:41.49*		*00:46.99*		*00:36.94*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:4, starttime: 11:10

Heat: 4/8 Lane : 8 Athlete: BIESIADECKI ALEXANDER — **Q-time: 01:36:34**

PB (25m pool): 01:36.34 Hasselt 04/10/2026 — **PB (50m pool):** 01:42.63 **SB:** 01:36.34 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.55		01:36.34	
		00:48.55		*00:47.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:5, starttime: 11:15

Heat: 5/8 Lane : 2 Athlete: SEGERS FERRE — **Q-time: 01:30:42**

PB (25m pool): 01:30.42 Hasselt 04/10/2026 — **PB (50m pool):** 01:34.72 **SB:** 01:30.42 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.72		01:30.42	
		00:44.72		*00:45.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:7, starttime: 11:20

Heat: 7/8 Lane : 1 Athlete: NIJS VIKTOR — **Q-time: 01:26:44**

PB (25m pool): 01:26.44 Hasselt 04/10/2026 — **PB (50m pool):** 01:28.72 **SB:** 01:26.44 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.88		01:26.44	
		00:42.88		*00:43.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:1, starttime: 11:25

Heat: 1/10 Lane : 6 Athlete: SMEETS ELLA — **Q-time: 03:37:02**

PB (25m pool): 03:37.02 Hasselt 04/10/2026 — **PB (50m pool):** 03:58.99 **SB:** 03:37.02 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:56.90		01:50.79		02:52.07		03:37.02
		00:56.90		*00:53.89*		*01:01.28*		*00:44.95*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/10 Lane : 2 Athlete: SCHROOTEN LIEN — **Q-time: 03:13:32**

PB (25m pool): 03:13.32 Aarschot 26/04/2026 — **PB (50m pool):** 03:12.58 **SB:** 03:13.43 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.70		01:31.99		02:30.63		03:13.32
		00:42.70		*00:49.29*		*00:58.64*		*00:42.69*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 3 Athlete: MOORS CALISTA — **Q-time: 03:03:68**

PB (25m pool): 03:03.68 Hasselt 04/10/2026 — **PB (50m pool):** 03:08.80 **SB:** 03:03.68 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.58		01:32.50		02:25.23		03:03.68
		00:43.58		*00:48.92*		*00:52.73*		*00:38.45*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:10, starttime: 12:00

Heat: 10/10 Lane : 3 Athlete: NULENS AZZURRA — **Q-time: 02:56:40**

PB (25m pool): 02:56.40 Aarschot 26/04/2026 — **PB (50m pool):** 03:00.66 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.15		01:23.97		02:16.76		02:56.40
		00:38.15		*00:45.82*		*00:52.79*		*00:39.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 31: 50M BACKSTROKE MEN 13+ **Heat:9, starttime: 12:15**

Heat: 9/13 Lane : 7 Athlete: BEIJNSBERGER MATHIJS **Q-time: 00:34:40**

PB (25m pool): **00:34.40** **Hasselt** **04/10/2026** **PB (50m pool):** no time **SB:** 00:34.40 Hasselt 04/10/2026

	25 M	50 M	
PB		00:34.40	
		00:34.40	
	. . : . . : . .	. . : . . : . .	

Coach feedback: