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

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

Coaches: Smeets Mirthe

Coaches: Kozulya Mila

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:5, starttime: 10:05

Heat: 5/17 Lane : 7 Athlete: THOELEN SIMON **Q-time: 01:09:04**

PB (25m pool): 01:09.04 Aarschot 26/04/2026 **PB (50m pool):** 01:14.43 **SB:** 01:09.31 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:32.82		01:09.04	
		00:32.82		*00:36.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:11, starttime: 10:15

Heat: 11/17 Lane : 5 Athlete: TORDEUR ILIAS **Q-time: 01:01:63**

PB (25m pool): 01:01.63 Hasselt 04/10/2026 **PB (50m pool):** 01:02.99 **SB:** 01:01.63 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.28		01:01.63	
		00:29.28		*00:32.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:2, starttime: 10:30

Heat: 2/10 Lane : 6 Athlete: BERGHMANS LAUREN **Q-time: 03:10:97**

PB (25m pool): 03:10.97 Hasselt 04/10/2026 **PB (50m pool):** 03:19.95 **SB:** 03:10.97 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.51		01:29.45		02:28.59		03:10.97
		00:40.51		*00:48.94*		*00:59.14*		*00:42.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:6, starttime: 10:45

Heat: 6/10 Lane : 1 Athlete: DREESSEN LYANA — **Q-time: 02:53:38**

PB (25m pool): 02:53.38 Hasselt 04/10/2026 — **PB (50m pool):** 02:59.34 **SB:** 02:53.38 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.24		01:25.91		02:15.28		02:53.38
		00:39.24		*00:46.67*		*00:49.37*		*00:38.10*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:8, starttime: 10:55

Heat: 8/10 Lane : 4 Athlete: KOREN ZARA — **Q-time: 02:47:24**

PB (25m pool): 02:47.24 3500 Hasselt 23/11/2025 — **PB (50m pool):** 02:54.71 **SB:** 02:57.12 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.02		01:17.80		02:09.57		02:47.24
		00:37.02		*00:40.78*		*00:51.77*		*00:37.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/10 Lane : 5 Athlete: TORDEUR LUCIE — **Q-time: 02:36:36**

PB (25m pool): 02:36.36 3500 Hasselt 23/11/2025 — **PB (50m pool):** 02:41.71 **SB:** 02:39.97 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.92		01:14.10		02:00.17		02:36.36
		00:32.92		*00:41.18*		*00:46.07*		*00:36.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:45

Heat: 7/10 Lane : 3 Athlete: VANHAEN ALESSIA — **Q-time: 03:06:20**

PB (25m pool): 03:06.20 Hasselt 04/10/2026 — **PB (50m pool):** 03:12.83 **SB:** 03:06.20 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.93		01:27.47		02:23.53		03:06.20
		00:40.93		*00:46.54*		*00:56.06*		*00:42.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 31: 50M BACKSTROKE MEN 13+ Heat:7, starttime: 12:10

Heat: 7/13 Lane : 1 Athlete: THOELEN SIMON **Q-time: 00:36:31**

PB (25m pool): 00:36.31 Hasselt 04/10/2026 **PB (50m pool):** 00:37.79 **SB:** 00:36.31 Hasselt 04/10/2026

	25 M	50 M	
PB		00:36.31	
		00:36.31	
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Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ Heat:10, starttime: 12:15

Heat: 10/13 Lane : 8 Athlete: TORDEUR ILIAS **Q-time: 00:33:89**

PB (25m pool): 00:33.89 Nijlen 18/10/2026 **PB (50m pool):** 00:34.57 **SB:** 00:33.89 Nijlen 18/10/2026

	25 M	50 M	
PB		00:33.89	
		00:33.89	
	. . : . . : . .	. . : . . : . .	

Coach feedback: