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

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:12, starttime: 10:20

Heat: 12/17 Lane : 2 Athlete: HOUSEN ILYA **Q-time: 01:01:29**

PB (25m pool): 01:01.29 LEUVEN 15/11/2026 **PB (50m pool):** 01:03.73 **SB:** 01:01.29 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:29.94		01:01.29	
		00:29.94		*00:31.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/10 Lane : 4 Athlete: LENAERTS JULIA **Q-time: 03:01:87**

PB (25m pool): 03:01.87 Hasselt 04/10/2026 **PB (50m pool):** 03:03.75 **SB:** 03:01.87 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.95		01:28.96		02:17.40		03:01.87
		00:40.95		*00:48.01*		*00:48.44*		*00:44.47*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/10 Lane : 4 Athlete: VANDER MEER NOOR **Q-time: 02:59:24**

PB (25m pool): 02:59.24 3500 Hasselt 18/10/2026 **PB (50m pool):** 03:01.20 **SB:** 02:59.24 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.16		01:21.54		02:18.64		02:59.24
		00:38.16		*00:43.38*		*00:57.10*		*00:40.60*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 7/10 Lane : 3 Athlete: VANIERSCHOT LINA — **Q-time: 02:49:79**

PB (25m pool): 02:49.79 3500 Hasselt 18/10/2026 — **PB (50m pool):** 02:55.64 **SB:** 02:49.79 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.82		01:18.63		02:09.69		02:49.79
		00:36.82		*00:41.81*		*00:51.06*		*00:40.10*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:9, starttime: 10:55

Heat: 9/10 Lane : 6 Athlete: COPERMANS SAM — **Q-time: 02:44:31**

PB (25m pool): 02:44.31 3500 Hasselt 23/11/2025 — **PB (50m pool):** 02:51.24 **SB:** 02:46.44 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:33.34		01:17.64		02:07.97		02:44.31
		00:33.34		*00:44.30*		*00:50.33*		*00:36.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/10 Lane : 7 Athlete: THEWISSEN MIRTHE — **Q-time: 02:41:71**

PB (25m pool): 02:41.71 3500 Hasselt 23/11/2025 — **PB (50m pool):** 02:45.01 **SB:** 02:44.97 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.23		01:16.65		02:04.13		02:41.71
		00:35.23		*00:41.42*		*00:47.48*		*00:37.58*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: