# Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

**Coaches: Valvekens Cindy**

**Coaches: Lievens Stijn HEADCOACH**

**Coaches: Dormaels Caroline**

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

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## Event number: 27: 100M FREESTYLE MEN 13+ — Heat:3, starttime: 10:05

**Heat: 3/17 Lane : 1 Athlete: LEMBRECHTS LARS** — **Q-time: 01:12:02**

**PB (25m pool): 01:12.02 Aarschot 26/04/2026** **PB (50m pool):** 01:12.08 **SB:** 01:13.32 Aarschot 11/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:32.68 | | 01:12.02 | |
| | | *00:32.68* | | *00:39.34* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 27: 100M FREESTYLE MEN 13+ — Heat:9, starttime: 10:15

**Heat: 9/17 Lane : 2 Athlete: VERBRUGGEN MATS** — **Q-time: 01:05:02**

**PB (25m pool): 01:05.02 Aarschot 27/07/2026** **PB (50m pool):** 01:07.69 **SB:** 01:05.99 Aarschot 11/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:31.15 | | 01:05.02 | |
| | | *00:31.15* | | *00:33.87* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 10/17 Lane : 7 Athlete: VERHEYEN STEPHEN** — **Q-time: 01:04:06**

**PB (25m pool): 01:04.06 Zwembad De Motte 14/07/2026** **PB (50m pool):** 01:06.29 **SB:** 01:04.10 LEUVEN 15/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:31.29 | | 01:04.06 | |
| | | *00:31.29* | | *00:32.77* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

**Heat: 11/17 Lane : 1 Athlete: VANHELMONT DANTE** — **Q-time: 01:02:42**

**PB (25m pool):** 01:02.42 Leuven 12/10/2025 **PB (50m pool):** 01:02.94 **SB:** no time

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:30.25 | | 01:02.42 | |
| | | *00:30.25* | | *00:32.17* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 3/10 Lane : 8 Athlete: WILLEN LUNA** — **Q-time: 03:09:08**

**PB (25m pool):** 03:09.08 Pelt 27/09/2026 **PB (50m pool):** 03:29.91 **SB:** 03:09.08 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:43.92 | | no time | | no time | | 03:09.08 |
| | | *00:43.92* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 4/10 Lane : 5 Athlete: LEMBRECHTS SIEN** — **Q-time: 02:59:73**

**PB (25m pool):** 02:59.73 Mol 28/12/2025 **PB (50m pool):** 03:01.44 **SB:** 03:00.43 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:41.76 | | 01:26.46 | | 02:20.10 | | 02:59.73 |
| | | *00:41.76* | | *00:44.70* | | *00:53.64* | | *00:39.63* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 8/10 Lane : 1 Athlete: GERARD CARYS** — **Q-time: 02:48:35**

**PB (25m pool):** 02:48.35 Aarschot 26/04/2026 **PB (50m pool):** 02:50.32 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:36.95 | | 01:19.56 | | 02:10.60 | | 02:48.35 |
| | | *00:36.95* | | *00:42.61* | | *00:51.04* | | *00:37.75* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

**Heat: 1/10 Lane : 2 Athlete: DEGREEF EMELIE** — **Q-time: 03:38:42**

**PB (25m pool):** 03:38.42 3500 Hasselt 18/10/2026 **PB (50m pool):** no time **SB:** 03:38.42 3500 Hasselt 18/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:51.61 | | 01:49.31 | | 02:49.81 | | 03:38.42 |
| | | *00:51.61* | | *00:57.70* | | *01:00.50* | | *00:48.61* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 2/10 Lane : 6 Athlete: PUT JULIE** — **Q-time: 03:27:63**

**PB (25m pool):** 03:27.63 Pelt 27/09/2026 **PB (50m pool):** 03:40.24 **SB:** 03:27.63 Pelt 27/09/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:49.38 | | no time | | no time | | 03:27.63 |
| | | *00:49.38* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:4, starttime: 11:35

**Heat: 4/10 Lane : 5 Athlete: WILLEN LENTHE** — **Q-time: 03:15:51**

**PB (25m pool):** 03:15.51 3500 Hasselt 18/10/2026 **PB (50m pool):** 03:29.40 **SB:** 03:15.51 3500 Hasselt 18/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:45.85 | | 01:36.81 | | 02:32.55 | | 03:15.51 |
| | | *00:45.85* | | *00:50.96* | | *00:55.74* | | *00:42.96* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 8/10 Lane : 4 Athlete: LEMBRECHTS KAAT** — **Q-time: 03:03:06**

**PB (25m pool):** 03:03.06 Pelt 27/09/2026 **PB (50m pool):** 03:13.57 **SB:** 03:03.06 Pelt 27/09/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:42.10 | | no time | | no time | | 03:03.06 |
| | | *00:42.10* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

**Heat: 10/10 Lane : 1 Athlete: DEXTERS MILA** — **Q-time: 02:59:20**

**PB (25m pool): 02:59.20 Leuven 04/10/2026** — **PB (50m pool):** 03:14.39 **SB:** 02:59.20 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:37.57 | | 01:22.87 | | 02:18.53 | | 02:59.20 |
| | *00:37.57* | | *00:45.30* | | *00:55.66* | | *00:40.67* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:2, starttime: 12:05

**Heat: 2/13 Lane : 3 Athlete: LEMBRECHTS LARS** — **Q-time: 00:42:77**

**PB (25m pool): 00:40.98 Aarschot 11/11/2026** — **PB (50m pool):** 00:43.72 **SB:** 00:40.98 Aarschot 11/11/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:40.98 | |
| | *00:40.98* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 7/13 Lane : 8 Athlete: VERBRUGGEN MATS** — **Q-time: 00:36:33**

**PB (25m pool): 00:36.33 Herentals 09/05/2026** — **PB (50m pool):** 00:36.99 **SB:** 00:36.81 LEUVEN 15/11/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:36.33 | |
| | *00:36.33* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 10/13 Lane : 7 Athlete: VANHELMONT DANTE** — **Q-time: 00:33:39**

**PB (25m pool): 00:33.39 Aarschot 26/04/2026** — **PB (50m pool):** 00:33.55 **SB:** no time

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:33.39 | |
| | *00:33.39* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: