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

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

Coaches: Fekkers Roos HEADCOACH

Coaches: Winderix Wannes

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:2, starttime: 10:00

Heat: 2/17 Lane : 3 Athlete: LAENEN CID **Q-time: 01:13:90**

PB (25m pool): 01:13.90 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:14.31 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.54		01:13.90	
		00:35.54		*00:38.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:6, starttime: 10:10

Heat: 6/17 Lane : 6 Athlete: DECLERQ ARTHUR **Q-time: 01:07:46**

PB (25m pool): 01:07.46 LEUVEN 15/11/2026 **PB (50m pool):** 01:14.05 **SB:** 01:07.46 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:32.59		01:07.46	
		00:32.59		*00:34.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/17 Lane : 6 Athlete: VAN GORP LUCAS **Q-time: 01:01:99**

PB (25m pool): 01:01.99 Leuven 04/10/2026 **PB (50m pool):** 01:04.03 **SB:** 01:01.99 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.79		01:01.99	
		00:29.79		*00:32.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 12/17 Lane : 4 Athlete: FLORES SéBASTIEN — **Q-time: 01:00:53**

PB (25m pool): 01:00.53 LEUVEN 15/11/2026 **PB (50m pool):** 01:01.36 **SB:** 01:00.53 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:29.29		01:00.53	
		00:29.29		*00:31.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:16, starttime: 10:25

Heat: 16/17 Lane : 5 Athlete: CAMBRON WARD — **Q-time: 00:57:32**

PB (25m pool): 00:57.32 Tervuren 30/05/2026 **PB (50m pool):** 00:59.53 **SB:** 00:58.00 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.27		00:57.32	
		00:27.27		*00:30.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 2 Athlete: ADAM MAELINE — **Q-time: 02:50:33**

PB (25m pool): 02:50.33 Dilbeek 10/05/2026 **PB (50m pool):** no time **SB:** 02:54.45 Tienen 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.80		no time		no time		02:50.33
		00:38.80						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 9/10 Lane : 3 Athlete: VAN BOXSTAEL NORA — **Q-time: 02:44:09**

PB (25m pool): 02:44.09 LEUVEN 21/12/2025 **PB (50m pool):** 02:51.76 **SB:** 02:44.30 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.40		01:18.96		02:06.21		02:44.09
		00:35.40		*00:43.56*		*00:47.25*		*00:37.88*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 9/10 Lane : 7 Athlete: AMADOU CAMILLE — **Q-time: 02:45:71**

PB (25m pool): 02:45.71 Tervuren 30/05/2026 **PB (50m pool):** 02:51.79 **SB:** 02:47.99 Tienen 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.65		01:21.47		02:06.68		02:45.71
		00:37.65		*00:43.82*		*00:45.21*		*00:39.03*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:5, starttime: 12:10

Heat: 5/13 Lane : 5 Athlete: DECLERQ ARTHUR — **Q-time: 00:37:28**

PB (25m pool): 00:37.28 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** 00:39.74 **SB:** no time

	25M	50M	
PB		00:37.28	
		00:37.28	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/13 Lane : 5 Athlete: FLORES SéBASTIEN — **Q-time: 00:34:04**

PB (25m pool): 00:34.04 Tervuren 10/10/2026 **PB (50m pool):** 00:36.57 **SB:** 00:34.04 Tervuren 10/10/2026

	25M	50M	
PB		00:34.04	
		00:34.04	
	. . : . . : . .	. . : . . : . .	

Coach feedback: