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

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

Coaches: Vanmeerbeek Rob HEADCOACH

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 : 6 Athlete: DERAEMAECKER LANDER **Q-time: 01:08:97**

PB (25m pool): 01:08.97 LEUVEN 15/11/2026 **PB (50m pool):** 01:11.52 **SB:** 01:08.97 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.43		01:08.97	
		00:33.43		*00:35.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:8, starttime: 10:10

Heat: 8/17 Lane : 4 Athlete: NAUDé DANIëL **Q-time: 01:05:21**

PB (25m pool): 01:05.21 Leuven 04/10/2026 **PB (50m pool):** 01:10.05 **SB:** 01:05.21 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.50		01:05.21	
		00:31.50		*00:33.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 5 Athlete: VANHEULE LéA **Q-time: 02:49:04**

PB (25m pool): 02:49.04 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:59.60 **SB:** 02:49.04 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.03		01:17.57		02:10.84		02:49.04
		00:35.03		*00:42.54*		*00:53.27*		*00:38.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 8/10 Lane : 3 Athlete: BURSSENS EMMA — **Q-time: 02:47:83**

PB (25m pool): 02:47.83 LEUVEN 23/11/2025 **PB (50m pool):** 02:49.28 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.03		01:18.25		02:08.93		02:47.83
		00:37.03		*00:41.22*		*00:50.68*		*00:38.90*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/8 Lane : 7 Athlete: SPADEA SAMUELE — **Q-time: 01:35:62**

PB (25m pool): 01:35.62 Meise 21/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.72		01:35.62	
		00:46.72		*00:48.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:6, starttime: 11:15

Heat: 6/8 Lane : 7 Athlete: SIGSWORTH KAYA — **Q-time: 01:28:42**

PB (25m pool): 01:28.42 Leuven 04/10/2026 **PB (50m pool):** 01:31.78 **SB:** 01:28.42 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:28.42	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:45

Heat: 6/10 Lane : 4 Athlete: DE RYCK HANNE — **Q-time: 03:08:81**

PB (25m pool): 03:08.81 Leuven 04/10/2026 **PB (50m pool):** 03:13.09 **SB:** 03:08.81 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.43		01:32.21		02:27.63		03:08.81
		00:45.43		*00:46.78*		*00:55.42*		*00:41.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 10/10 Lane : 8 Athlete: VAN HOUDT SEOANE LISA — **Q-time: 02:59:99**

PB (25m pool): 02:59.99 LEUVEN 15/11/2026 — **PB (50m pool):** 03:03.27 **SB:** 02:59.99 LEUVEN 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.27		01:25.18		02:20.17		02:59.99
	00:41.27		*00:43.91*		*00:54.99*		*00:39.82*	
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Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:11, starttime: 12:20

Heat: 11/13 Lane : 1 Athlete: NAUDé DANIëL — **Q-time: 00:32:67**

PB (25m pool): 00:32.67 LEUVEN 15/11/2026 — **PB (50m pool):** 00:40.08 **SB:** 00:32.67 LEUVEN 15/11/2026

	25M	50M	
PB		00:32.67	
	00:32.67		
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Coach feedback: