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

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

Coaches: Van der Plas Koen HEADCOACH

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:1, starttime: 10:00

Heat: 1/17 Lane : 4 Athlete: MEERT JOLAN **Q-time: 01:18:73**

PB (25m pool): 01:18.73 Temse 21/12/2025 **PB (50m pool):** 01:12.52 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.54		01:18.73	
		00:37.54		*00:41.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/17 Lane : 5 Athlete: RABAEYS LUCAS **Q-time: 01:07:23**

PB (25m pool): 01:05.42 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:11.72 **SB:** 01:05.42 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.95		01:05.42	
		00:31.95		*00:33.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/17 Lane : 2 Athlete: GILLET JOLAN **Q-time: 01:03:60**

PB (25m pool): 01:03.60 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.34 **SB:** 01:03.60 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.26		01:03.60	
		00:30.26		*00:33.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/17 Lane : 3 Athlete: ROSIERS MATHIAS — **Q-time: 00:59:82**

PB (25m pool): 00:59.82 Temse 31/05/2026 **PB (50m pool):** 01:01.11 **SB:** 01:00.67 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.50		00:59.82	
		00:28.50		*00:31.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/17 Lane : 4 Athlete: VERMEULEN DAAN — **Q-time: 00:59:73**

PB (25m pool): 00:59.73 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:00.76 **SB:** 00:59.73 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.94		00:59.73	
		00:28.94		*00:30.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/17 Lane : 5 Athlete: BULCKAEN KORNEEL — **Q-time: 00:59:81**

PB (25m pool): 00:59.81 Eeklo 06/04/2026 **PB (50m pool):** 01:02.89 **SB:** 01:00.09 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.27		00:59.81	
		00:28.27		*00:31.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:14, starttime: 10:20

Heat: 14/17 Lane : 2 Athlete: DE BAL SUIJS MAURO — **Q-time: 00:59:31**

PB (25m pool): 00:58.17 Temse 15/11/2026 **PB (50m pool):** 01:02.00 **SB:** 00:58.17 Temse 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:28.01		00:58.17	
		00:28.01		*00:30.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:14, starttime: 10:20

Heat: 14/17 Lane : 3 Athlete: VIAENE MAXIM — **Q-time: 00:59:19**

PB (25m pool): 00:59.19 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:00.94 **SB:** 00:59.19 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.68		00:59.19	
		00:28.68		*00:30.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:15, starttime: 10:25

Heat: 15/17 Lane : 2 Athlete: LANNOY CAS — **Q-time: 00:58:89**

PB (25m pool): 00:58.89 Sinbad 22/07/2025 **PB (50m pool):** 00:59.60 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.54		00:58.89	
		00:28.54		*00:30.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:17, starttime: 10:25

Heat: 17/17 Lane : 8 Athlete: GILLET AARON — **Q-time: 00:57:14**

PB (25m pool): 00:57.14 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:59.85 **SB:** 00:57.14 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.34		00:57.14	
		00:27.34		*00:29.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/10 Lane : 1 Athlete: SCHOENMAEKERS ALIX — **Q-time: 03:17:03**

PB (25m pool): 03:12.18 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:18.75 **SB:** 03:12.18 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.65		no time		no time		03:12.18
		00:42.65						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/10 Lane : 8 Athlete: VAN DER PLAS SANNE — **Q-time: 03:18:17**

PB (25m pool): 03:18.17 Eeklo 06/04/2026 — **PB (50m pool):** 03:24.71 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.11		no time		no time		03:18.17
		00:47.11						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 9/10 Lane : 5 Athlete: DEN BAES ELISE — **Q-time: 02:43:22**

PB (25m pool): 02:38.34 LAGO Club Fit 03/12/2023 — **PB (50m pool):** 02:41.73 **SB:** 02:45.26 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:38.34
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/10 Lane : 4 Athlete: LOONES THULINE — **Q-time: 02:30:01**

PB (25m pool): 02:24.63 Verbauwenbad 16/01/2022 — **PB (50m pool):** 02:31.27 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:24.63
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/10 Lane : 8 Athlete: ANSEEUW LIEZE — **Q-time: 02:41:93**

PB (25m pool): 02:41.93 EEKLO 04/10/2026 — **PB (50m pool):** 02:44.39 **SB:** 02:41.93 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.91		no time		no time		02:41.93
		00:34.91						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:5, starttime: 11:15

Heat: 5/8 Lane : 5 Athlete: DE BAERDEMACKER JULES — **Q-time: 01:29:38**

PB (25m pool): 01:29.38 BEERNEM 19/09/2026 **PB (50m pool):** no time **SB:** 01:29.38 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.98		01:29.38	
		00:43.98		*00:45.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 1 Athlete: RYCKAERT MATTHIEU — **Q-time: 01:29:20**

PB (25m pool): 01:29.20 BEERNEM 19/09/2026 **PB (50m pool):** no time **SB:** 01:29.20 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:44.56		01:29.20	
		00:44.56		*00:44.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 2 Athlete: VAN HULLE MAURO — **Q-time: 01:27:44**

PB (25m pool): 01:27.44 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:34.29 **SB:** 01:27.44 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.76		01:27.44	
		00:42.76		*00:44.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/10 Lane : 1 Athlete: AUDENAERT LORE — **Q-time: 99:99:99**

PB (25m pool): 03:23.64 DENDERMONDE 14/11/2026 **PB (50m pool):** no time **SB:** 03:23.64 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:48.33		no time		no time		03:23.64
		00:48.33						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/10 Lane : 8 Athlete: REYSERHOVE ANSE — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/10 Lane : 1 Athlete: VANSIELEGHEM AMBER — **Q-time: 03:18:16**

PB (25m pool): 03:18.16 EEKLO 04/10/2026 **PB (50m pool):** 03:21.92 **SB:** 03:18.16 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.22		no time		no time		03:18.16
		00:46.22						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:40

Heat: 5/10 Lane : 1 Athlete: CHRISTIAENS NORE — **Q-time: 03:15:13**

PB (25m pool): 03:13.85 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:15.13 **SB:** 03:13.85 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.53		no time		no time		03:13.85
		00:46.53						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/10 Lane : 6 Athlete: RABAEYS LAURE — **Q-time: 03:09:71**

PB (25m pool): 03:09.71 EEKLO 04/10/2026 **PB (50m pool):** 03:18.69 **SB:** 03:09.71 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.03		no time		no time		03:09.71
		00:44.03						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:9, starttime: 11:55

Heat: 9/10 Lane : 8 Athlete: BRYS BARON YVONNE — **Q-time: 03:02:32**

PB (25m pool): 03:02.32 EEKLO 04/10/2026 **PB (50m pool):** 03:07.21 **SB:** 03:02.32 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.65		no time		no time		03:02.32
		00:40.65						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/13 Lane : 1 Athlete: MEERT JOLAN — **Q-time: 00:44:22**

PB (25m pool): 00:44.22 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:41.62 **SB:** no time

	25 M	50 M	
PB		00:44.22	
		00:44.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:4, starttime: 12:05

Heat: 4/13 Lane : 3 Athlete: HUENS BRIEK — **Q-time: 00:38:19**

PB (25m pool): 00:42.25 Eeklo 15/09/2024 **PB (50m pool):** 00:38.19 **SB:** no time

	25 M	50 M	
PB		00:42.25	
		00:42.25	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/13 Lane : 5 Athlete: GILLET JOLAN — **Q-time: 00:35:83**

PB (25m pool): 00:35.11 DENDERMONDE 14/11/2026 **PB (50m pool):** 00:36.80 **SB:** 00:35.11 DENDERMONDE 14/11/2026

	25 M	50 M	
PB		00:35.11	
		00:35.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:8, starttime: 12:15

Heat: 8/13 Lane : 7 Athlete: VERMEULEN DAAN — **Q-time: 00:35:34**

PB (25m pool): 00:35.34 EEKLO 04/10/2026 **PB (50m pool):** 00:36.04 **SB:** 00:35.34 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:35.34	
	00:35.34		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/13 Lane : 1 Athlete: BULCKAEN KORNEEL — **Q-time: 00:33:69**

PB (25m pool): 00:33.69 Dendermonde. 22/11/2025 **PB (50m pool):** 00:34.89 **SB:** no time

	2 5 M	5 0 M	
PB		00:33.69	
	00:33.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 5 Athlete: DE BAL SUIJS MAURO — **Q-time: 00:32:21**

PB (25m pool): 00:32.21 EEKLO 04/10/2026 **PB (50m pool):** 00:35.57 **SB:** 00:32.21 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:32.21	
	00:32.21		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/13 Lane : 3 Athlete: GILLET AARON — **Q-time: 00:31:08**

PB (25m pool): 00:31.17 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:31.08 **SB:** 00:31.17 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	
PB		00:31.17	
	00:31.17		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 12/13 Lane : 4 Athlete: ROSIERS MATHIAS **Q-time: 00:30:97**

PB (25m pool): 00:30.97 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:31.67 **SB:** 00:30.97 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:30.97	
		00:30.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/13 Lane : 6 Athlete: LANNOY CAS **Q-time: 00:31:16**

PB (25m pool): 00:31.16 Dendermonde. 22/11/2025 **PB (50m pool):** 00:33.81 **SB:** no time

	25 M	50 M	
PB		00:31.16	
		00:31.16	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/13 Lane : 8 Athlete: VIAENE MAXIM **Q-time: 00:31:77**

PB (25m pool): 00:34.13 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 00:31.77 **SB:** no time

	25 M	50 M	
PB		00:34.13	
		00:34.13	
	. . : . . : . .	. . : . . : . .	

Coach feedback: