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

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

Coaches: Wielfaert Wout

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

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

Heat: 3/17 Lane : 2 Athlete: CARLIER REMI **Q-time: 01:11:75**

PB (25m pool): 01:11.75 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:17.43 **SB:** 01:11.75 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.20		01:11.75	
		00:34.20		*00:37.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:4, starttime: 10:05

Heat: 4/17 Lane : 3 Athlete: HOEYMANS CEDRIC **Q-time: 01:09:54**

PB (25m pool): 01:09.54 EEKLO 04/10/2026 **PB (50m pool):** 01:10.74 **SB:** 01:09.54 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.98		01:09.54	
		00:31.98		*00:37.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/17 Lane : 2 Athlete: VAN NIEUWENHUYZE LUKAS **Q-time: 01:07:64**

PB (25m pool): 01:07.64 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:10.56 **SB:** 01:07.64 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.02		01:07.64	
		00:32.02		*00:35.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 8/17 Lane : 7 Athlete: VAN BRAECKEL SEPPE — **Q-time: 01:05:99**

PB (25m pool): 01:05.99 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:10.13 **SB:** 01:06.65 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.54		01:05.99	
		00:31.54		*00:34.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/17 Lane : 8 Athlete: DE REGGE MATTEO — **Q-time: 01:01:59**

PB (25m pool): 01:01.59 Sint-Amandsberg 18/10/2026 PB (50m pool): 01:03.97 **SB:** 01:01.59 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.35		01:01.59	
		00:29.35		*00:32.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:1, starttime: 10:30

Heat: 1/10 Lane : 3 Athlete: DE KETELAERE FEBE — **Q-time: 03:25:55**

PB (25m pool): 03:25.55 DENDERMONDE 14/11/2026 PB (50m pool): 03:40.58 **SB:** 03:25.55 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:48.11		no time		no time		03:25.55
		00:48.11						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:6, starttime: 10:45

Heat: 6/10 Lane : 7 Athlete: VAN LIERDE ROOS — **Q-time: 02:53:34**

PB (25m pool): 02:53.34 DENDERMONDE 14/11/2026 PB (50m pool): 03:00.20 **SB:** 02:53.34 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.98		no time		no time		02:53.34
		00:36.98						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 11:05

Heat: 2/8 Lane : 2 Athlete: BOAST ALEXANDER — **Q-time: 01:43:76**

PB (25m pool): no time **PB (50m pool):** 01:43.76 **SB:** no time

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

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:7, starttime: 11:20

Heat: 7/8 Lane : 3 Athlete: VAN LIERDE DAAN — **Q-time: 01:25:70**

PB (25m pool): 01:25.70 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:30.79 **SB:** 01:25.70 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.21		01:25.70	
		00:42.21		*00:43.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:1, starttime: 12:00

Heat: 1/13 Lane : 5 Athlete: CARLIER REMI — **Q-time: 00:45:31**

PB (25m pool): no time **PB (50m pool):** 00:45.31 **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/13 Lane : 1 Athlete: HOEYMANS CEDRIC — **Q-time: 00:38:98**

PB (25m pool): 00:38.98 EEKLO 04/10/2026 **PB (50m pool):** 00:41.38 **SB:** 00:38.98 EEKLO 04/10/2026

	25 M	50 M	
PB		00:38.98	
		00:38.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/13 Lane : 4 Athlete: VAN NIEUWENHUYZE LUKAS **Q-time: 00:37:22**

PB (25m pool): 00:37.22 DENDERMONDE 14/11/2026 **PB (50m pool):** 00:39.08 **SB:** 00:37.22 DENDERMONDE 14/11/2026

	25 M	50 M	
PB		00:37.22	
		00:37.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/13 Lane : 3 Athlete: DE REGGE MATTEO **Q-time: 00:34:11**

PB (25m pool): 00:34.11 EEKLO 04/10/2026 **PB (50m pool):** 00:36.72 **SB:** 00:34.11 EEKLO 04/10/2026

	25 M	50 M	
PB		00:34.11	
		00:34.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/13 Lane : 2 Athlete: VAN BRAECKEL SEPPE **Q-time: 00:33:35**

PB (25m pool): 00:33.35 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 00:36.22 **SB:** 00:33.85 EEKLO 04/10/2026

	25 M	50 M	
PB		00:33.35	
		00:33.35	
	. . : . . : . .	. . : . . : . .	

Coach feedback: