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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 8 Athlete: VERHAGEN MIEL — **Q-time: 01:12:08**

PB (25m pool): 01:12.08 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 01:12.08 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:34.40		01:12.08	
		00:34.40		*00:37.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ — Heat:5, starttime: 10:05

Heat: 5/17 Lane : 5 Athlete: COGEN ALEX — **Q-time: 01:08:57**

PB (25m pool): 01:08.57 Eeklo 19/04/2026 **PB (50m pool):** 01:09.92 **SB:** 01:10.00 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.10		01:08.57	
		00:34.10		*00:34.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/17 Lane : 4 Athlete: MARTENS YWEIN — **Q-time: 01:01:59**

PB (25m pool): 01:01.59 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:07.53 **SB:** 01:01.59 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:29.32		01:01.59	
		00:29.32		*00:32.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 16/17 Lane : 2 Athlete: VANHAVERE DAAN — **Q-time: 00:57:69**

PB (25m pool): 00:57.69 Temse 15/11/2026 **PB (50m pool):** 00:59.95 **SB:** 00:57.69 Temse 15/11/2026

	25M	50M	75M	100M	
PB		00:28.22		00:57.69	
		00:28.22		*00:29.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 17/17 Lane : 6 Athlete: VAN DE GENDER NILS — **Q-time: 00:56:10**

PB (25m pool): 00:56.10 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** 00:58.00 **SB:** 00:56.52 Temse 15/11/2026

	25M	50M	75M	100M	
PB		00:26.87		00:56.10	
		00:26.87		*00:29.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 4 Athlete: PUNZO MICHELLE — **Q-time: 02:48:41**

PB (25m pool): 02:48.41 DENDERMONDE 14/11/2026 **PB (50m pool):** 02:52.23 **SB:** 02:48.41 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.10		no time		no time		02:48.41
		00:36.10						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/10 Lane : 7 Athlete: VAN HUL EMMA — **Q-time: 02:51:22**

PB (25m pool): 02:51.22 DENDERMONDE 14/11/2026 **PB (50m pool):** 02:57.92 **SB:** 02:51.22 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.18		no time		no time		02:51.22
		00:39.18						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/10 Lane : 8 Athlete: VERCAUTEREN LIENA — **Q-time: 03:18:23**

PB (25m pool): 03:18.23 DENDERMONDE 14/11/2026 — **PB (50m pool):** 03:32.08 **SB:** 03:18.23 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:47.87		no time		no time		03:18.23
		00:47.87						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:45

Heat: 7/10 Lane : 8 Athlete: BOURFA SALMA — **Q-time: 03:08:65**

PB (25m pool): 03:08.65 DENDERMONDE 14/11/2026 — **PB (50m pool):** no time **SB:** 03:08.65 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.79		no time		no time		03:08.65
		00:43.79						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/10 Lane : 2 Athlete: DE HERT JANNE — **Q-time: 02:58:47**

PB (25m pool): 02:58.47 DENDERMONDE 14/11/2026 — **PB (50m pool):** 03:19.14 **SB:** 02:58.47 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.55		no time		no time		02:58.47
		00:39.55						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 10/10 Lane : 5 Athlete: ROGIERS LOTTE — **Q-time: 02:54:08**

PB (25m pool): 02:54.08 Temse 15/11/2026 — **PB (50m pool):** 03:13.44 **SB:** 02:54.08 Temse 15/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.75		01:22.13		02:14.08		02:54.08
		00:37.75		*00:44.38*		*00:51.95*		*00:40.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 13/13 Lane : 2 Athlete: VAN DE GENDER NILS **Q-time: 00:30:56**

PB (25m pool): 00:30.53 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 00:31.48 **SB:** 00:30.97 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.53	
		00:30.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback: