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

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

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

Coaches: Januarius Bart

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 : 3 Athlete: DOBBELEIRE NIELS **Q-time: 01:11:11**

PB (25m pool): 01:11.11 Gemeentelijk zwembad Heuvelkou 11/12/2021 SB (25m pool): 01:14.44 **SB:** 01:11.11 Gemeentelijk zwembad Heuvelkou 1

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.59		01:11.11	
		00:35.59		*00:35.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/17 Lane : 2 Athlete: SAADEH NAYIM **Q-time: 01:05:91**

PB (25m pool): 01:06.20 Gemeentelijk zwembad Heuvelkou 11/12/2021 SB (25m pool): 01:09.73 **SB:** 01:06.20 Gemeentelijk zwembad Heuvelkou 1

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.74		01:06.20	
		00:31.74		*00:34.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/17 Lane : 8 Athlete: GHISLAIN ANTOINE **Q-time: 01:04:43**

PB (25m pool): 01:04.43 Gemeentelijk zwembad Heuvelkou 11/12/2021 SB (25m pool): 01:05.60 **SB:** 01:04.43 Gemeentelijk zwembad Heuvelkou 1

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.06		01:04.43	
		00:31.06		*00:33.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 15/17 Lane : 1 Athlete: SEGERS LOUIS — **Q-time: 00:59:00**

PB (25m pool): 00:59.00 LEUVEN 21/12/2025 **PB (50m pool):** 01:01.25 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.63		00:59.00	
		00:28.63		*00:30.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 15/17 Lane : 3 Athlete: SMISMANS KAMIL — **Q-time: 00:58:72**

PB (25m pool): 00:58.72 LEUVEN 23/11/2025 **PB (50m pool):** 01:00.66 **SB:** 00:59.44 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.62		00:58.72	
		00:27.62		*00:31.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/17 Lane : 3 Athlete: WALDMAN JONATHAN — **Q-time: 00:57:42**

PB (25m pool): 00:59.57 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 00:59.57 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.66		00:59.57	
		00:28.66		*00:30.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 16/17 Lane : 6 Athlete: BRYNAERT JONAS — **Q-time: 00:57:47**

PB (25m pool): 00:57.47 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 00:59.68 **SB:** 00:57.47 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.20		00:57.47	
		00:28.20		*00:29.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 17/17 Lane : 5 Athlete: BRYNAERT JASPER — **Q-time: 00:55:41**

PB (25m pool): 00:55.41 Ternat 30/03/2025 **PB (50m pool):** 00:56.36 **SB:** 00:55.67 Sint-Pieters-Leeuw 18/10/2026

	25M	50M	75M	100M	
PB		00:26.02		00:55.41	
		00:26.02		*00:29.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 1 Athlete: HEYE MIRTHE — **Q-time: 02:51:52**

PB (25m pool): 02:51.52 Wildersportcomplex 16/03/2025 **PB (50m pool):** 03:00.92 **SB:** 02:53.53 Sint-Pieters-Leeuw 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.38		no time		no time		02:51.52
		00:34.38						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/10 Lane : 6 Athlete: GHISLAIN EMILIE — **Q-time: 02:50:00**

PB (25m pool): 02:49.92 LEUVEN - Sportoase 22/12/2024 **PB (50m pool):** 02:58.15 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:49.92
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 6 Athlete: GHISLAIN JULIETTE — **Q-time: 02:47:86**

PB (25m pool): 02:47.86 Gent 23/02/2025 **PB (50m pool):** 02:59.00 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.75		01:16.83		02:08.96		02:47.86
		00:34.75		*00:42.08*		*00:52.13*		*00:38.90*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:1, starttime: 11:05

Heat: 1/8 Lane : 3 Athlete: CLAESSENS MATTIZ — **Q-time: 01:56:45**

PB (25m pool): 01:56.45 Aarschot 04/05/2025 **PB (50m pool):** 01:56.77 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.31		01:56.45	
		00:54.31		*01:02.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/8 Lane : 5 Athlete: DHONDT MICHIEL — **Q-time: 01:33:07**

PB (25m pool): 01:33.07 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** no time **SB:** 01:33.07 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:45.35		01:33.07	
		00:45.35		*00:47.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/8 Lane : 5 Athlete: SZAUKA DAVID — **Q-time: 01:26:92**

PB (25m pool): 01:26.92 Gemeentelijk zwembad Heuvelkou 11/12/2026 **PB (50m pool):** 01:39.48 **SB:** 01:26.92 Gemeentelijk zwembad Heuvelkou 1

	25 M	50 M	75 M	100 M	
PB		00:42.37		01:26.92	
		00:42.37		*00:44.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/8 Lane : 8 Athlete: JANUARIUS JULES — **Q-time: 01:26:59**

PB (25m pool): 01:26.59 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:32.57 **SB:** 01:26.59 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.50		01:26.59	
		00:42.50		*00:44.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:3, starttime: 12:05

Heat: 3/13 Lane : 7 Athlete: DOBBELEIRE NIELS — **Q-time: 00:41:52**

PB (25m pool): 00:41.52 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:42.92 **SB:** 00:41.52 Zwembad De Wauwer 13/09/2026

	2 5 M	5 0 M	
PB		00:41.52	
	00:41.52		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:6, starttime: 12:10

Heat: 6/13 Lane : 3 Athlete: SAADEH NAYIM — **Q-time: 00:36:46**

PB (25m pool): 00:36.46 Tervuren 10/10/2026 **PB (50m pool):** 00:37.80 **SB:** 00:36.46 Tervuren 10/10/2026

	2 5 M	5 0 M	
PB		00:36.46	
	00:36.46		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 8 Athlete: SEGERS LOUIS — **Q-time: 00:32:89**

PB (25m pool): 00:32.89 Tienen 26/10/2025 **PB (50m pool):** 00:34.17 **SB:** no time

	2 5 M	5 0 M	
PB		00:32.89	
	00:32.89		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/13 Lane : 7 Athlete: BRYNAERT JONAS — **Q-time: 00:31:33**

PB (25m pool): 00:31.33 Gent 23/02/2025 **PB (50m pool):** 00:32.05 **SB:** no time

	2 5 M	5 0 M	
PB		00:31.33	
	00:31.33		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/13 Lane : 3 Athlete: WALDMAN JONATHAN **Q-time: 00:29:66**

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

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

Coach feedback:

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

Heat: 13/13 Lane : 6 Athlete: SMISMANS KAMIL **Q-time: 00:30:52**

PB (25m pool): **00:30.52 LEUVEN 23/11/2025** **PB (50m pool):** 00:31.50 **SB:** 00:30.53 Leuven 04/10/2026

	25M	50M	
PB		00:30.52	
	00:30.52		
	. . : . . : . .	. . : . . : . .	

Coach feedback: