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

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

Coaches: Defoin Steven

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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

Event number: 27: 100M FREESTYLE MEN 13+ Heat:2, starttime: 10:00

Heat: 2/17 Lane : 2 Athlete: VRANKEN IAN **Q-time: 01:14:18**

PB (25m pool): 01:16.42 Pelt 27/09/2026 **PB (50m pool):** 01:12.53 **SB:** 01:16.42 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.92		01:16.42	
		00:36.92		*00:39.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:9, starttime: 10:15

Heat: 9/17 Lane : 4 Athlete: WERY MILAN **Q-time: 01:04:52**

PB (25m pool): 01:04.60 Hasselt 04/10/2026 **PB (50m pool):** 01:04.52 **SB:** 01:04.60 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.89		01:04.60	
		00:30.89		*00:33.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/17 Lane : 7 Athlete: RUYMEN SIEBE **Q-time: 01:02:29**

PB (25m pool): 01:06.70 Hasselt 12/10/2025 **PB (50m pool):** 01:02.29 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.36		01:06.70	
		00:32.36		*00:34.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/10 Lane : 3 Athlete: WANTEN LAURA — **Q-time: 03:10:75**

PB (25m pool): 03:10.75 Pelt 27/09/2026 **PB (50m pool):** 03:14.01 **SB:** 03:10.75 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.61		no time		no time		03:10.75
		00:39.61						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/13 Lane : 6 Athlete: VRANKEN IAN — **Q-time: 00:40:39**

PB (25m pool): 00:41.03 Hannuit 28/03/2026 **PB (50m pool):** 00:40.39 **SB:** no time

	25M	50M	
PB		00:41.03	
		00:41.03	
	. . : . . : . .	. . : . . : . .	

Coach feedback: