# Herfstcriterium 2026: Session: 5: COACH evaluation sheet for TEAM: SWEM

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

**Coaches: De Ridder Elke HEADCOACH**

**Coaches: De Letter Gerard**

**Coaches: Vanderrijst Ananza**

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

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

**Heat: 13/17 Lane : 1 Athlete: VAN NEER LOWIEK** **Q-time: 01:00:13**

**PB (25m pool): 01:00.13 EEKLO 04/10/2026** **PB (50m pool):** 01:01.22 **SB:** 01:00.13 EEKLO 04/10/2026

| | 2 5 M | 5 0 M | 7 5 M | 1 0 0 M | |
|---|---|---|---|---|---|
| PB | | 00:28.80 | | 01:00.13 | |
| | | *00:28.80* | | *00:31.33* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 12/13 Lane : 2 Athlete: VAN NEER LOWIEK** **Q-time: 00:31:21**

**PB (25m pool): 00:31.21 EEKLO 04/10/2026** **PB (50m pool):** 00:32.84 **SB:** 00:31.21 EEKLO 04/10/2026

| | 2 5 M | 5 0 M | |
|---|---|---|---|
| PB | | 00:31.21 | |
| | | *00:31.21* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: