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

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

Coaches: Remans Sander HEADCOACH

Coaches: Mattheus Ibe

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

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

Heat: 4/17 Lane : 6 Athlete: FEYAERTS JEROEN **Q-time: 01:10:10**

PB (25m pool): 01:08.80 LEUVEN 15/11/2026 **PB (50m pool):** 01:10.55 **SB:** 01:08.80 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:32.56		01:08.80	
		00:32.56		*00:36.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:7, starttime: 10:10

Heat: 7/17 Lane : 6 Athlete: LEMMENS LUCA **Q-time: 01:06:62**

PB (25m pool): 01:06.62 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:08.56 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.08		01:06.62	
		00:31.08		*00:35.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M FREESTYLE MEN 13+ Heat:14, starttime: 10:20

Heat: 14/17 Lane : 7 Athlete: DEHAEN FERRE **Q-time: 00:59:42**

PB (25m pool): 00:59.25 LEUVEN 15/11/2026 **PB (50m pool):** 01:01.29 **SB:** 00:59.25 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:28.41		00:59.25	
		00:28.41		*00:30.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 17/17 Lane : 2 Athlete: STERCKX DAAN — **Q-time: 00:56:23**

PB (25m pool): 00:56.23 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:57.83 **SB:** 00:56.84 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:27.23		00:56.23	
		00:27.23		*00:29.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:5, starttime: 10:45

Heat: 5/10 Lane : 8 Athlete: CLAESEN SARAH — **Q-time: 02:58:36**

PB (25m pool): 02:58.36 Leuven 04/10/2026 PB (50m pool): 03:03.89 **SB:** 02:58.36 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.65		01:23.04		02:17.71		02:58.36
		00:36.65		*00:46.39*		*00:54.67*		*00:40.65*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/10 Lane : 3 Athlete: REMANS ROSALIE — **Q-time: 02:51:69**

PB (25m pool): 02:44.91 LEUVEN 15/11/2026 PB (50m pool): 02:53.25 **SB:** 02:44.91 LEUVEN 15/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.98		01:18.87		02:09.10		02:44.91
		00:35.98		*00:42.89*		*00:50.23*		*00:35.81*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/8 Lane : 6 Athlete: SINJAN LIAM — **Q-time: 01:43:16**

PB (25m pool): 01:44.77 Bastogne 05/04/2026 PB (50m pool): no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.96		01:44.77	
		00:49.96		*00:54.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 29: 100M BACKSTROKE MEN 11-12 — Heat:8, starttime: 11:20

Heat: 8/8 Lane : 1 Athlete: MAES TILL — **Q-time: 01:24:83**

PB (25m pool): 01:24.83 Nijlen 18/10/2026 **PB (50m pool):** 01:30.20 **SB:** 01:24.83 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.22		01:24.83	
		00:41.22		*00:43.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/10 Lane : 4 Athlete: VANDINGENEN JOKE — **Q-time: 03:04:85**

PB (25m pool): 03:04.85 Leuven 04/10/2026 **PB (50m pool):** 03:15.60 **SB:** 03:04.85 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.22		01:33.65		02:23.92		03:04.85
		00:46.22		*00:47.43*		*00:50.27*		*00:40.93*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/13 Lane : 1 Athlete: FEYAERTS JEROEN — **Q-time: 00:37:58**

PB (25m pool): 00:37.58 Nijlen 18/10/2026 **PB (50m pool):** 00:38.71 **SB:** 00:37.58 Nijlen 18/10/2026

	25 M	50 M	
PB		00:37.58	
		00:37.58	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/13 Lane : 4 Athlete: LEMMENS LUCA — **Q-time: 00:36:37**

PB (25m pool): 00:36.37 Hannuit 28/03/2026 **PB (50m pool):** 00:38.11 **SB:** no time

	25 M	50 M	
PB		00:36.37	
		00:36.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/13 Lane : 4 Athlete: STERCKX DAAN **Q-time: 00:29:37**

PB (25m pool): 00:29.37 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:30.37 **SB:** 00:29.72 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.37	
		00:29.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback: