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

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

Coaches: Loos Kim HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

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

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

Heat: 7/17 Lane : 3 Athlete: NEYRINCK RUBEN — **Q-time: 01:06:46**

PB (25m pool): 01:05.82 LEUVEN 15/11/2026 **PB (50m pool):** 01:09.47 **SB:** 01:05.82 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.27		01:05.82	
		00:31.27		*00:34.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/17 Lane : 3 Athlete: LIEVENS RUBE — **Q-time: 01:04:69**

PB (25m pool): 01:04.69 Mol 04/10/2026 **PB (50m pool):** 01:08.94 **SB:** 01:04.69 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.92		01:04.69	
		00:30.92		*00:33.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:1, starttime: 10:30

Heat: 1/10 Lane : 4 Athlete: SEGERS EMMA — **Q-time: 03:19:22**

PB (25m pool): 03:19.22 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 03:19.22 Durmehal 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.14		01:38.39		02:33.85		03:19.22
		00:47.14		*00:51.25*		*00:55.46*		*00:45.37*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/10 Lane : 2 Athlete: WOUTERS DORA — **Q-time: 03:11:55**

PB (25m pool): 03:11.55 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** 03:22.56 **SB:** 03:14.70 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.61		no time		no time		03:11.55
		00:40.61						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:3, starttime: 10:35

Heat: 3/10 Lane : 7 Athlete: VALKENBORGHS YANNE — **Q-time: 03:08:48**

PB (25m pool): 03:08.48 Pelt 05/10/2025 **PB (50m pool):** 03:16.23 **SB:** 03:09.89 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.92		no time		no time		03:08.48
		00:38.92						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:4, starttime: 10:40

Heat: 4/10 Lane : 6 Athlete: DJONOU IMBA ITZANA — **Q-time: 03:00:32**

PB (25m pool): 03:00.32 Mol 04/10/2026 **PB (50m pool):** 03:10.49 **SB:** 03:00.32 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.96		01:29.80		02:20.69		03:00.32
		00:42.96		*00:46.84*		*00:50.89*		*00:39.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:4, starttime: 10:40

Heat: 4/10 Lane : 7 Athlete: VAN ASTEN RENéE — **Q-time: 03:00:49**

PB (25m pool): 03:00.49 Mol 04/10/2026 **PB (50m pool):** 03:12.57 **SB:** 03:00.49 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.97		01:25.22		02:19.66		03:00.49
		00:39.97		*00:45.25*		*00:54.44*		*00:40.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/10 Lane : 2 Athlete: HUFKENS ELINA — **Q-time: 02:56:43**

PB (25m pool): 02:56.43 Mol 04/10/2026 **PB (50m pool):** 03:07.82 **SB:** 02:56.43 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.65		01:22.04		02:15.67		02:56.43
		00:36.65		*00:45.39*		*00:53.63*		*00:40.76*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/10 Lane : 4 Athlete: COOLS YELENA — **Q-time: 02:54:74**

PB (25m pool): 02:54.74 Pelt 05/10/2025 **PB (50m pool):** 03:04.25 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.02		no time		no time		02:54.74
		00:41.02						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 8 Athlete: CORNELIS KAAT — **Q-time: 02:48:39**

PB (25m pool): 02:48.39 Groenenhoek Berchem 10/10/2026 **PB (50m pool):** no time **SB:** 02:48.39 Groenenhoek Berchem 10/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.73		no time		no time		02:48.39
		00:33.73						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/8 Lane : 8 Athlete: DE FEYTER LUCAS — **Q-time: 01:29:21**

PB (25m pool): 01:26.01 LEUVEN 15/11/2026 **PB (50m pool):** 01:31.32 **SB:** 01:26.01 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:41.95		01:26.01	
		00:41.95		*00:44.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:2, starttime: 11:30

Heat: 2/10 Lane : 2 Athlete: BOECKX LISA — **Q-time: 03:28:81**

PB (25m pool): 03:28.81 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 03:28.81 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:48.95		01:42.37		02:38.79		03:28.81
		00:48.95		*00:53.42*		*00:56.42*		*00:50.02*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:2, starttime: 11:30

Heat: 2/10 Lane : 8 Athlete: VAN DE WEYER FOUKE — **Q-time: 03:29:73**

PB (25m pool): 03:29.73 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 03:29.73 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:49.97		01:42.81		02:43.41		03:29.73
		00:49.97		*00:52.84*		*01:00.60*		*00:46.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:3, starttime: 11:30

Heat: 3/10 Lane : 2 Athlete: VEREECKEN WANTER FELINE — **Q-time: 03:20:88**

PB (25m pool): 03:20.88 Kapellen 30/05/2026 **PB (50m pool):** 03:32.43 **SB:** 03:27.37 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.25		no time		no time		03:20.88
		00:43.25						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:3, starttime: 11:30

Heat: 3/10 Lane : 6 Athlete: SCHEPERS LENTHE — **Q-time: 03:20:58**

PB (25m pool): 03:20.58 Kapellen 30/05/2026 **PB (50m pool):** 03:28.15 **SB:** 03:21.06 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:47.76		no time		no time		03:20.58
		00:47.76						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 31: 50M BACKSTROKE MEN 13+ Heat:7, starttime: 12:10

Heat: 7/13 Lane : 6 Athlete: LIEVENS RUBE **Q-time: 00:35:97**

PB (25m pool): 00:35.97 Durmehal 27/09/2026 **PB (50m pool):** 00:37.61 **SB:** 00:35.97 Durmehal 27/09/2026

	25 M	50 M	
PB		00:35.97	
		00:35.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M BACKSTROKE MEN 13+ Heat:8, starttime: 12:15

Heat: 8/13 Lane : 3 Athlete: NEYRINCK RUBEN **Q-time: 00:34:82**

PB (25m pool): 00:34.82 Mol 04/10/2026 **PB (50m pool):** 00:37.57 **SB:** 00:34.82 Mol 04/10/2026

	25 M	50 M	
PB		00:34.82	
		00:34.82	
	. . : . . : . .	. . : . . : . .	

Coach feedback: