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

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

Coaches: Wouters Ivan

Coaches: Neirynck Jan

Coaches: Van Dooren Glenn

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

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

Heat: 8/17 Lane : 1 Athlete: VAN DOOREN WITSE **Q-time: 01:06:19**

PB (25m pool): 01:06.19 Nijlen 18/10/2026 **PB (50m pool):** 01:13.94 **SB:** 01:06.19 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.33		01:06.19	
		00:31.33		*00:34.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/10 Lane : 5 Athlete: VAN BUGGENHOUT ISHANA **Q-time: 02:47:33**

PB (25m pool): 02:47.33 Kapellen 30/05/2026 **PB (50m pool):** 03:03.85 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.20		no time		no time		02:47.33
		00:37.20						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 13+ Heat:9, starttime: 10:55

Heat: 9/10 Lane : 2 Athlete: CLAES JADE **Q-time: 02:44:91**

PB (25m pool): 02:44.91 Mol 04/10/2026 **PB (50m pool):** 02:54.99 **SB:** 02:44.91 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.31		01:16.91		02:08.06		02:44.91
		00:36.31		*00:40.60*		*00:51.15*		*00:36.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/10 Lane : 5 Athlete: DILLEN LOTTE — **Q-time: 03:18:57**

PB (25m pool): 03:20.17 Mol 04/10/2026 — **PB (50m pool):** 03:18.57 **SB:** 03:20.17 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.75		01:34.51		02:35.16		03:20.17
		00:44.75		*00:49.76*		*01:00.65*		*00:45.01*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:40

Heat: 5/10 Lane : 4 Athlete: CLAES SIEN — **Q-time: 03:10:67**

PB (25m pool): 03:10.67 Lier 04/04/2026 — **PB (50m pool):** 03:11.89 **SB:** 03:11.14 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.18		no time		no time		03:10.67
		00:46.18						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:8, starttime: 11:50

Heat: 8/10 Lane : 5 Athlete: DILLEN HANNE — **Q-time: 03:03:28**

PB (25m pool): 03:03.28 Mol 04/10/2026 — **PB (50m pool):** 03:09.44 **SB:** 03:03.28 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.81		01:30.27		02:25.79		03:03.28
		00:43.81		*00:46.46*		*00:55.52*		*00:37.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 4 Athlete: VAN DOOREN WITSE — **Q-time: 00:34:48**

PB (25m pool): 00:34.48 Nijlen 18/10/2026 — **PB (50m pool):** 00:36.64 **SB:** 00:34.48 Nijlen 18/10/2026

	25 M	50 M	
PB		00:34.48	
		00:34.48	
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Coach feedback: