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

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

**Coaches: Verhaegen Els**

**Coaches: Van Schoor Els**

**Coaches: Delissen Kim**

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

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## Event number: 27: 100M FREESTYLE MEN 13+ Heat:1, starttime: 10:00

**Heat: 1/17 Lane : 2 Athlete: WILMSEN TIM** **Q-time: 01:24:43**

**PB (25m pool): 01:24.43 Tilburg 13/09/2026** **PB (50m pool):** no time **SB:** 01:24.43 Tilburg 13/09/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:38.63 | | 01:24.43 | |
| | | *00:38.63* | | *00:45.80* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 2/17 Lane : 4 Athlete: KAHKESHAN KYAN** **Q-time: 01:13:25**

**PB (25m pool): 01:09.81 Aartselaar 01/11/2026** **PB (50m pool):** 01:13.25 **SB:** 01:09.81 Aartselaar 01/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:33.49 | | 01:09.81 | |
| | | *00:33.49* | | *00:36.32* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 2/17 Lane : 6 Athlete: OZTURK BURAK** **Q-time: 01:14:14**

**PB (25m pool): 01:14.14 Nijlen 18/10/2026** **PB (50m pool):** no time **SB:** 01:14.14 Nijlen 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:32.90 | | 01:14.14 | |
| | | *00:32.90* | | *00:41.24* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

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

**Heat: 4/17 Lane : 8 Athlete: FONTANA ALESSANDRO MARIA NIC** — **Q-time: 01:10:42**

**PB (25m pool): 01:10.42 Aartselaar 01/11/2026** **PB (50m pool):** 01:14.64 **SB:** 01:10.42 Aartselaar 01/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:34.48 | | 01:10.42 | |
| | | *00:34.48* | | *00:35.94* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 27: 100M FREESTYLE MEN 13+ — Heat:5, starttime: 10:05

**Heat: 5/17 Lane : 8 Athlete: VERDONCK STIJN** — **Q-time: 01:09:43**

**PB (25m pool): 01:03.39 Nijlen 18/10/2026** **PB (50m pool):** 01:06.15 **SB:** 01:03.39 Nijlen 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:30.72 | | 01:03.39 | |
| | | *00:30.72* | | *00:32.67* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 10/17 Lane : 4 Athlete: LADEWIG SETH** — **Q-time: 01:02:84**

**PB (25m pool): 01:03.27 Stedelijk Zwembad Geel 16/02/2025** **PB (50m pool):** 01:02.84 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:30.23 | | 01:03.27 | |
| | | *00:30.23* | | *00:33.04* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 27: 100M FREESTYLE MEN 13+ — Heat:12, starttime: 10:20

**Heat: 12/17 Lane : 7 Athlete: MESTARI ABDERRAHMANE** — **Q-time: 01:01:38**

**PB (25m pool): 01:01.38 Nijlen 16/11/2025** **PB (50m pool):** 01:01.55 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:28.47 | | 01:01.38 | |
| | | *00:28.47* | | *00:32.91* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

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

**Heat: 13/17 Lane : 6 Athlete: EL HADDOUCHI HAROUN** — **Q-time: 00:59:92**

**PB (25m pool): 00:59.92 2370 Arendonk 21/12/2025** **PB (50m pool):** 01:00.85 **SB:** 01:00.45 Mol 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:28.59 | | 00:59.92 | |
| | | *00:28.59* | | *00:31.33* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 14/17 Lane : 1 Athlete: BETTENS LUCAS** — **Q-time: 00:59:48**

**PB (25m pool): 00:59.48 2370 Arendonk 21/12/2025** **PB (50m pool):** 00:59.97 **SB:** 00:59.69 Aartselaar 01/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:28.77 | | 00:59.48 | |
| | | *00:28.77* | | *00:30.71* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 14/17 Lane : 4 Athlete: TSYBULNIAK KYRYL** — **Q-time: 00:59:08**

**PB (25m pool): 00:59.08 Tilburg 13/09/2026** **PB (50m pool):** 01:00.83 **SB:** 00:59.08 Tilburg 13/09/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:28.28 | | 00:59.08 | |
| | | *00:28.28* | | *00:30.80* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 14/17 Lane : 8 Athlete: NAEGELS REZA** — **Q-time: 00:59:67**

**PB (25m pool): 00:59.41 Mol 29/12/2024** **PB (50m pool):** 01:00.29 **SB:** 00:59.71 Mol 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:28.44 | | 00:59.41 | |
| | | *00:28.44* | | *00:30.97* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

## Event number: 27: 100M FREESTYLE MEN 13+ — Heat:15, starttime: 10:25

**Heat: 15/17 Lane : 4 Athlete: COGURCU ARDA** — **Q-time: 00:58:39**

**PB (25m pool):** 00:58.39 Nijlen 18/10/2026 **PB (50m pool):** 01:03.00 **SB:** 00:58.39 Nijlen 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:28.13 | | 00:58.39 | |
| | | *00:28.13* | | *00:30.26* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 27: 100M FREESTYLE MEN 13+ — Heat:15, starttime: 10:25

**Heat: 15/17 Lane : 8 Athlete: VERDONCK MARIUS** — **Q-time: 00:59:02**

**PB (25m pool):** 00:59.02 Antwerpen 12/10/2025 **PB (50m pool):** 00:59.53 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:27.67 | | 00:59.02 | |
| | | *00:27.67* | | *00:31.35* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:1, starttime: 12:00

**Heat: 1/13 Lane : 3 Athlete: WILMSEN TIM** — **Q-time: 00:49:12**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | no time | |
| | | *no time* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:4, starttime: 12:05

**Heat: 4/13 Lane : 8 Athlete: KAHKESHAN KYAN** — **Q-time: 00:39:11**

**PB (25m pool):** 00:37.90 Nijlen 18/10/2026 **PB (50m pool):** 00:41.14 **SB:** 00:37.90 Nijlen 18/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:37.90 | |
| | | *00:37.90* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

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

**Heat: 7/13 Lane : 4 Athlete: OZTURK BURAK** — **Q-time: 00:35:80**

**PB (25m pool):** 00:35.80 Hoogstraten 27/09/2026 **PB (50m pool):** 00:37.84 **SB:** 00:35.80 Hoogstraten 27/09/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:35.80 | |
| | | *00:35.80* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:9, starttime: 12:15

**Heat: 9/13 Lane : 8 Athlete: LADEWIG SETH** — **Q-time: 00:34:47**

**PB (25m pool):** 00:35.24 Herentals 18/05/2024 **PB (50m pool):** 00:34.47 **SB:** no time

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:35.24 | |
| | | *00:35.24* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 31: 50M BACKSTROKE MEN 13+ — Heat:10, starttime: 12:15

**Heat: 10/13 Lane : 4 Athlete: VERDONCK STIJN** — **Q-time: 00:32:96**

**PB (25m pool):** 00:32.96 Nijlen 18/10/2026 **PB (50m pool):** 00:34.63 **SB:** 00:32.96 Nijlen 18/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:32.96 | |
| | | *00:32.96* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 13/13 Lane : 1 Athlete: VERDONCK MARIUS** — **Q-time: 00:30:75**

**PB (25m pool):** 00:30.75 Antwerpen 12/10/2025 **PB (50m pool):** 00:31.53 **SB:** no time

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:30.75 | |
| | | *00:30.75* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

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

**Heat: 13/13 Lane : 5 Athlete: MESTARI ABDERRAHMANE** **Q-time: 00:29:37**

**PB (25m pool): 00:29.37 MoI 04/10/2026** **PB (50m pool):** 00:30.44 **SB:** 00:29.37 MoI 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:29.37 | |
| | *00:29.37* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: