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

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

Coaches: Scheveneels Judith

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

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

Heat: 5/10 Lane : 3 Athlete: THEUNISSEN JOLIEN **Q-time: 02:55:15**

PB (25m pool): 02:55.15 Mol 04/10/2026 **PB (50m pool):** 03:03.86 **SB:** 02:55.15 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.61		01:23.21		02:13.98		02:55.15
		00:38.61		*00:44.60*		*00:50.77*		*00:41.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/10 Lane : 5 Athlete: DE VOCHT ANNE-JULIE **Q-time: 02:55:03**

PB (25m pool): 02:50.97 Arendonk 22/12/2024 **PB (50m pool):** 02:56.36 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.50		no time		no time		02:50.97
		00:36.50						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 2 Athlete: LESSELIERS EMILY **Q-time: 02:47:87**

PB (25m pool): 02:47.87 Kapellen 30/05/2026 **PB (50m pool):** 02:55.75 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.87		no time		no time		02:47.87
		00:37.87						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 13+ — Heat:10, starttime: 11:00

Heat: 10/10 Lane : 3 Athlete: VAN DEN BERGH ANNA — **Q-time: 02:38:64**

PB (25m pool): 02:38.64 Mol 04/10/2026 — **PB (50m pool):** 02:43.35 **SB:** 02:38.64 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.89		01:17.29		02:01.82		02:38.64
		00:35.89		*00:41.40*		*00:44.53*		*00:36.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 8 Athlete: VASQUEZ ANNA — **Q-time: 03:03:99**

PB (25m pool): 03:03.99 Mol 04/10/2026 — **PB (50m pool):** 03:07.93 **SB:** 03:03.99 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.81		01:29.08		02:21.33		03:03.99
		00:41.81		*00:47.27*		*00:52.25*		*00:42.66*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 — Heat:9, starttime: 11:55

Heat: 9/10 Lane : 4 Athlete: FLEERACKERS LAURA — **Q-time: 03:00:67**

PB (25m pool): 03:00.67 Aartselaar 01/11/2026 — **PB (50m pool):** 03:18.54 **SB:** 03:00.67 Aartselaar 01/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.24		no time		no time		03:00.67
		00:40.24						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: