Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: DMB

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Melders Peter

Coaches: Geerits Valerie HEADCOACH

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:6, starttime: 14:10

Heat: 6/14 Lane : 2 Athlete: FRANSSEN EMILY **Q-time: 01:11:18**

PB (25m pool): 01:11.18 Hasselt 04/10/2026 **PB (50m pool):** 01:12.58 **SB:** 01:11.18 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.15		01:11.18	
		00:34.15		*00:37.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:8, starttime: 14:15

Heat: 8/14 Lane : 1 Athlete: VANDEWAERDE OOBE **Q-time: 01:09:09**

PB (25m pool): 01:09.09 Herentals 09/05/2026 **PB (50m pool):** 01:09.21 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.87		01:09.09	
		00:33.87		*00:35.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:10, starttime: 14:15

Heat: 10/14 Lane : 8 Athlete: LUDWICZAK LENA **Q-time: 01:08:11**

PB (25m pool): 01:08.11 Hasselt 04/10/2026 **PB (50m pool):** 01:10.11 **SB:** 01:08.11 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.93		01:08.11	
		00:32.93		*00:35.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: DMB

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:12, starttime: 14:20

Heat: 12/14 Lane : 6 Athlete: BOUSSON JULIE — **Q-time: 01:06:01**

PB (25m pool): 01:06.01 Bree 31/05/2026 **PB (50m pool):** 01:07.05 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.20		01:06.01	
		00:31.20		*00:34.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:13, starttime: 14:20

Heat: 13/14 Lane : 4 Athlete: LAMBRIGTS GITTE — **Q-time: 01:04:65**

PB (25m pool): 01:04.65 Herentals 09/05/2026 **PB (50m pool):** 01:06.79 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.77		01:04.65	
		00:30.77		*00:33.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:13, starttime: 14:20

Heat: 13/14 Lane : 5 Athlete: VANGELOVEN FRAN — **Q-time: 01:04:73**

PB (25m pool): 01:04.73 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:06.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.70		01:04.73	
		00:31.70		*00:33.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/11 Lane : 8 Athlete: SMEETS ELLA — **Q-time: 01:37:54**

PB (25m pool): 01:37.54 Hasselt 04/10/2026 **PB (50m pool):** 01:44.39 **SB:** 01:37.54 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.70		01:37.54	
		00:47.70		*00:49.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: DMB

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:7, starttime: 15:15

Heat: 7/11 Lane : 3 Athlete: MOORS CALISTA — **Q-time: 01:27:79**

PB (25m pool): 01:27.79 Lommel 22/02/2026 **PB (50m pool):** 01:33.61 **SB:** 01:28.49 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.37		01:27.79	
		00:43.37		*00:44.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:9, starttime: 15:20

Heat: 9/11 Lane : 5 Athlete: SCHROOTEN LIEN — **Q-time: 01:25:26**

PB (25m pool): 01:25.26 Bree 31/05/2026 **PB (50m pool):** 01:26.65 **SB:** 01:26.39 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.55		01:25.26	
		00:41.55		*00:43.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:11, starttime: 15:25

Heat: 11/11 Lane : 1 Athlete: NULENS AZZURRA — **Q-time: 01:22:47**

PB (25m pool): 01:22.47 Lommel 22/02/2026 **PB (50m pool):** 01:24.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.49		01:22.47	
		00:39.49		*00:42.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:4, starttime: 15:40

Heat: 4/7 Lane : 4 Athlete: BIESIADECKI ALEXANDER — **Q-time: 03:15:61**

PB (25m pool): 03:15.61 Pelt 27/09/2026 **PB (50m pool):** 03:40.42 **SB:** 03:15.61 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.55		no time		no time		03:15.61
		00:45.55						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: DMB

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 15:50

Heat: 7/7 Lane : 4 Athlete: NIJS VIKTOR — **Q-time: 02:58:69**

PB (25m pool): 02:58.69 Lommel 22/02/2026 — **PB (50m pool):** 03:08.02 **SB:** 03:05.41 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.06		no time		no time		02:58.69
		00:41.06						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 15:50

Heat: 7/7 Lane : 6 Athlete: SEGERS FERRE — **Q-time: 03:02:17**

PB (25m pool): 03:02.17 Hasselt 04/10/2026 — **PB (50m pool):** 03:25.12 **SB:** 03:02.17 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:42.35		01:32.37		02:22.66		03:02.17
		00:42.35		*00:50.02*		*00:50.29*		*00:39.51*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:8, starttime: 16:05

Heat: 8/9 Lane : 3 Athlete: BOUSSON JULIE — **Q-time: 00:34:74**

PB (25m pool): 00:34.74 Bree 31/05/2026 — **PB (50m pool):** 00:35.02 **SB:** 00:35.47 Hasselt 04/10/2026

	25M	50M	
PB		00:34.74	
		00:34.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback: