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

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

Coaches: Smeets Mirthe

Coaches: Kozulya Mila

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:4, starttime: 14:05

Heat: 4/14 Lane : 4 Athlete: BERGHMANS LAUREN **Q-time: 01:14:20**

PB (25m pool): 01:14.20 Bree 31/05/2026 **PB (50m pool):** 01:13.44 **SB:** 01:14.38 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.21		01:14.20	
		00:35.21		*00:38.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:7, starttime: 14:10

Heat: 7/14 Lane : 5 Athlete: KOREN ZARA **Q-time: 01:09:79**

PB (25m pool): 01:10.27 Pelt 05/10/2025 **PB (50m pool):** 01:10.11 **SB:** 01:10.44 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.57		01:10.27	
		00:33.57		*00:36.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:9, starttime: 14:15

Heat: 9/14 Lane : 4 Athlete: DREESSEN LYANA **Q-time: 01:08:12**

PB (25m pool): 01:08.12 Hasselt 04/10/2026 **PB (50m pool):** 01:12.11 **SB:** 01:08.12 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.11		01:08.12	
		00:33.11		*00:35.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 14/14 Lane : 3 Athlete: TORDEUR LUCIE — **Q-time: 01:03:72**

PB (25m pool): 01:03.72 Maastricht 30/12/2025 — **PB (50m pool):** 01:05.50 **SB:** 01:05.74 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:30.75		01:03.72	
		00:30.75		*00:32.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:6, starttime: 14:40

Heat: 6/10 Lane : 5 Athlete: THOELEN SIMON — **Q-time: 02:43:82**

PB (25m pool): 02:43.82 Hasselt 04/10/2026 — **PB (50m pool):** 02:44.62 **SB:** 02:43.82 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.01		01:20.49		02:07.00		02:43.82
		00:36.01		*00:44.48*		*00:46.51*		*00:36.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:8, starttime: 14:50

Heat: 8/10 Lane : 1 Athlete: TORDEUR ILIAS — **Q-time: 02:38:59**

PB (25m pool): 02:38.59 Pelt 27/09/2026 — **PB (50m pool):** 02:46.97 **SB:** 02:38.59 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.53		no time		no time		02:38.59
		00:33.53						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:8, starttime: 15:15

Heat: 8/11 Lane : 3 Athlete: VANHAEN ALESSIA — **Q-time: 01:26:48**

PB (25m pool): 01:26.48 Nijlen 18/10/2026 — **PB (50m pool):** 01:25.84 **SB:** 01:26.48 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.67		01:26.48	
		00:41.67		*00:44.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 16:00

Heat: 4/9 Lane : 1 Athlete: BERGHMANS LAUREN — **Q-time: 00:38:98**

PB (25m pool): 00:38.98 Bree 21/12/2025 **PB (50m pool):** 00:40.11 **SB:** no time

	2 5 M	5 0 M	
PB		00:38.98	
		00:38.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:5, starttime: 16:00

Heat: 5/9 Lane : 8 Athlete: DREESSEN LYANA — **Q-time: 00:38:36**

PB (25m pool): 00:38.25 LEUVEN 15/11/2026 **PB (50m pool):** 00:41.18 **SB:** 00:38.25 LEUVEN 15/11/2026

	2 5 M	5 0 M	
PB		00:38.25	
		00:38.25	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:7, starttime: 16:05

Heat: 7/9 Lane : 1 Athlete: KOREN ZARA — **Q-time: 00:36:22**

PB (25m pool): 00:35.98 Maastricht 30/12/2024 **PB (50m pool):** 00:37.28 **SB:** 00:37.47 Pelt 27/09/2026

	2 5 M	5 0 M	
PB		00:35.98	
		00:35.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:9, starttime: 16:05

Heat: 9/9 Lane : 1 Athlete: TORDEUR LUCIE — **Q-time: 00:34:18**

PB (25m pool): 00:34.18 Maastricht 30/12/2025 **PB (50m pool):** 00:35.32 **SB:** 00:34.82 Pelt 27/09/2026

	2 5 M	5 0 M	
PB		00:34.18	
		00:34.18	
	. . : . . : . .	. . : . . : . .	

Coach feedback: