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

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:3, starttime: 14:05

Heat: 3/14 Lane : 1 Athlete: LENAERTS JULIA **Q-time: 01:17:94**

PB (25m pool): 01:21.45 Hasselt 04/10/2026 **PB (50m pool):** 01:17.94 **SB:** 01:21.45 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.79		01:21.45	
		00:39.79		*00:41.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/14 Lane : 8 Athlete: VANIERSCHOT LINA **Q-time: 01:10:51**

PB (25m pool): 01:10.51 Pelt 27/09/2026 **PB (50m pool):** 01:12.26 **SB:** 01:10.51 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:34.81		01:10.51	
		00:34.81		*00:35.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 8 Athlete: VANDER MEER NOOR **Q-time: 01:09:39**

PB (25m pool): 01:09.39 LEUVEN 15/11/2026 **PB (50m pool):** 01:11.51 **SB:** 01:09.39 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.20		01:09.39	
		00:33.20		*00:36.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/14 Lane : 4 Athlete: THEWISSEN MIRTHE — **Q-time: 01:07:41**

PB (25m pool): 01:07.41 LEUVEN 15/11/2026 — **PB (50m pool):** 01:09.86 **SB:** 01:07.41 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:32.11		01:07.41	
		00:32.11		*00:35.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 2 Athlete: COPERMANS SAM — **Q-time: 01:03:98**

PB (25m pool): 01:03.98 Hasselt 12/10/2025 — **PB (50m pool):** 01:04.83 **SB:** 01:04.04 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.21		01:03.98	
		00:31.21		*00:32.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/9 Lane : 2 Athlete: VANIERSCHOT LINA — **Q-time: 00:36:10**

PB (25m pool): 00:36.10 LEUVEN 15/11/2026 — **PB (50m pool):** 00:37.11 **SB:** 00:36.10 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:36.10	
		00:36.10	
	. . : . . : . .	. . : . . : . .	

Coach feedback: