# Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: KAZS

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

**Coaches: Valvekens Cindy**

**Coaches: Lievens Stijn HEADCOACH**

**Coaches: Dormaels Caroline**

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

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

**Heat: 4/14 Lane : 2 Athlete: WILLEN LUNA** **Q-time: 01:15:64**

**PB (25m pool): 01:15.64 Pelt 27/09/2026** **PB (50m pool):** 01:16.14 **SB:** 01:15.64 Pelt 27/09/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:36.35 | | 01:15.64 | |
| | | *00:36.35* | | *00:39.29* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 8/14 Lane : 6 Athlete: LEMBRECHTS SIEN** **Q-time: 01:08:77**

**PB (25m pool): 01:08.67 Aarschot 11/11/2026** **PB (50m pool):** 01:08.77 **SB:** 01:08.67 Aarschot 11/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:33.00 | | 01:08.67 | |
| | | *00:33.00* | | *00:35.67* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 12/14 Lane : 1 Athlete: GERARD CARYS** **Q-time: 01:06:10**

**PB (25m pool): 01:06.10 Zwembad De Motte 14/07/2026** **PB (50m pool):** 01:06.85 **SB:** 01:06.54 Aarschot 11/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:31.98 | | 01:06.10 | |
| | | *00:31.98* | | *00:34.12* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: KAZS

## Event number: 33: 200M MEDLEY MEN 13+ — Heat:1, starttime: 14:25

**Heat: 1/10 Lane : 8 Athlete: LEMBRECHTS LARS** — **Q-time: 03:19:06**

**PB (25m pool):** 03:25.21 Kapelle-op-den-Bos 22/09/2024 **PB (50m pool):** 03:19.06 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | 03:25.21 |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:1, starttime: 15:00

**Heat: 1/11 Lane : 5 Athlete: VERHEYEN CHARLOTTE** — **Q-time: 01:46:21**

**PB (25m pool):** 01:46.21 Aarschot 27/07/2026 **PB (50m pool):** 01:48.95 **SB:** no time

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:52.31 | | 01:46.21 | |
| | *00:52.31* | | *00:53.90* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:1, starttime: 15:00

**Heat: 1/11 Lane : 6 Athlete: DEGREEF EMELIE** — **Q-time: 01:50:39**

**PB (25m pool):** 01:51.85 Aarschot 26/04/2026 **PB (50m pool):** 01:50.39 **SB:** no time

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:54.59 | | 01:51.85 | |
| | *00:54.59* | | *00:57.26* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:4, starttime: 15:05

**Heat: 4/11 Lane : 2 Athlete: PUT JULIE** — **Q-time: 01:32:95**

**PB (25m pool):** 01:32.95 Pelt 27/09/2026 **PB (50m pool):** 01:37.62 **SB:** 01:32.95 Pelt 27/09/2026

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:44.35 | | 01:32.95 | |
| | *00:44.35* | | *00:48.60* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: KAZS

## Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:5, starttime: 15:10

**Heat: 5/11 Lane : 7 Athlete: WILLEN LENTHE** — **Q-time: 01:31:85**

**PB (25m pool): 01:31.85 Aarschot 26/04/2026** — **PB (50m pool):** 01:34.39 **SB:** 01:33.44 Pelt 27/09/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:45.72 | | 01:31.85 | |
| | | *00:45.72* | | *00:46.13* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:10, starttime: 15:20

**Heat: 10/11 Lane : 3 Athlete: LEMBRECHTS KAAT** — **Q-time: 01:24:07**

**PB (25m pool): 01:24.07 Leuven 04/10/2026** — **PB (50m pool):** 01:29.84 **SB:** 01:24.07 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:40.71 | | 01:24.07 | |
| | | *00:40.71* | | *00:43.36* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 11/11 Lane : 8 Athlete: DEXTERS MILA** — **Q-time: 01:23:56**

**PB (25m pool): 01:23.56 Leuven 04/10/2026** — **PB (50m pool):** 01:28.45 **SB:** 01:23.56 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:40.50 | | 01:23.56 | |
| | | *00:40.50* | | *00:43.06* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

**Heat: 6/9 Lane : 2 Athlete: LEMBRECHTS SIEN** — **Q-time: 00:36:76**

**PB (25m pool): 00:36.76 Herentals 09/05/2026** — **PB (50m pool):** 00:37.92 **SB:** 00:37.09 Leuven 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:36.76 | |
| | | *00:36.76* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: KAZS

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

**Heat: 7/9 Lane : 7 Athlete: GERARD CARYS** **Q-time: 00:36:19**

**PB (25m pool): 00:36.19 Herentals 09/05/2026** **PB (50m pool):** 00:36.68 **SB:** 00:36.62 Aarschot 11/11/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:36.19 | |
| | | *00:36.19* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: