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

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

**Coaches: Vanmeerbeek Rob HEADCOACH**

**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:6, starttime: 14:10

**Heat: 6/14 Lane : 6 Athlete: VANHEULE LéA** **Q-time: 01:11:10**

**PB (25m pool): 01:11.41 LEUVEN 21/12/2025** **PB (50m pool):** 01:12.13 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:33.87 | | 01:11.41 | |
| | | *00:33.87* | | *00:37.54* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 12/14 Lane : 4 Athlete: BURSSENS EMMA** **Q-time: 01:05:67**

**PB (25m pool): 01:05.67 LEUVEN 15/11/2026** **PB (50m pool):** 01:08.11 **SB:** 01:05.67 LEUVEN 15/11/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:31.00 | | 01:05.67 | |
| | | *00:31.00* | | *00:34.67* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 33: 200M MEDLEY MEN 13+ Heat:5, starttime: 14:40

**Heat: 5/10 Lane : 8 Athlete: DERAEMAECKER LANDER** **Q-time: 02:49:26**

**PB (25m pool): 02:49.26 LEUVEN 15/11/2026** **PB (50m pool):** 02:59.69 **SB:** 02:49.26 LEUVEN 15/11/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:37.34 | | 01:19.94 | | 02:11.35 | | 02:49.26 |
| | | *00:37.34* | | *00:42.60* | | *00:51.41* | | *00:37.91* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 6/10 Lane : 7 Athlete: NAUDé DANIëL** — **Q-time: 02:44:95**

**PB (25m pool): 02:47.79 Tremelo 24/05/2026** — **PB (50m pool):** 02:44.95 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:37.70 | | no time | | no time | | 02:47.79 |
| | | *00:37.70* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 9/11 Lane : 1 Athlete: DE RYCK HANNE** — **Q-time: 01:25:76**

**PB (25m pool): 01:25.76 Leuven 04/10/2026** — **PB (50m pool):** 01:29.53 **SB:** 01:25.76 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:42.21 | | 01:25.76 | |
| | | *00:42.21* | | *00:43.55* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 11/11 Lane : 7 Athlete: VAN HOUDT SEOANE LISA** — **Q-time: 01:22:34**

**PB (25m pool): 01:22.34 Leuven 04/10/2026** — **PB (50m pool):** 01:26.01 **SB:** 01:22.34 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:40.31 | | 01:22.34 | |
| | | *00:40.31* | | *00:42.03* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 35: 200M MEDLEY MEN 11-12 — Heat:1, starttime: 15:25

**Heat: 1/7 Lane : 5 Athlete: ARUSTAMYAN ARTHUR** — **Q-time: 03:33:10**

**PB (25m pool): 03:33.10 LEUVEN 15/11/2026** — **PB (50m pool):** 03:44.73 **SB:** 03:33.10 LEUVEN 15/11/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:54.93 | | 01:44.85 | | 02:47.05 | | 03:33.10 |
| | | *00:54.93* | | *00:49.92* | | *01:02.20* | | *00:46.05* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

## Event number: 35: 200M MEDLEY MEN 11-12 — Heat:2, starttime: 15:30

**Heat: 2/7 Lane : 4 Athlete: SIGSWORTH KAYA** — **Q-time: 03:26:91**

**PB (25m pool): 03:26.91 Dilbeek 10/05/2026** **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:46.39 | | no time | | no time | | 03:26.91 |
| | | *00:46.39* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 4/7 Lane : 5 Athlete: SPADEA SAMUELE** — **Q-time: 03:17:25**

**PB (25m pool): 03:17.25 LEUVEN 15/11/2026** **PB (50m pool):** no time **SB:** 03:17.25 LEUVEN 15/11/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:41.21 | | 01:32.91 | | 02:33.37 | | 03:17.25 |
| | | *00:41.21* | | *00:51.70* | | *01:00.46* | | *00:43.88* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 8/9 Lane : 1 Athlete: VANHEULE LéA** — **Q-time: 00:35:13**

**PB (25m pool): 00:35.13 Leuven 04/10/2026** **PB (50m pool):** 00:37.74 **SB:** 00:35.13 Leuven 04/10/2026

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:35.13 | |
| | | *00:35.13* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: