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

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

Coaches: Van der Plas Koen 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 : 3 Athlete: VERVAECK MAUD **Q-time: 01:16:59**

PB (25m pool): 01:16.59 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:25.64 **SB:** 01:16.59 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.08		01:16.59	
		00:37.08		*00:39.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/14 Lane : 5 Athlete: SCHOENMAEKERS ALIX **Q-time: 01:14:31**

PB (25m pool): 01:14.31 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:15.24 **SB:** 01:14.31 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.28		01:14.31	
		00:35.28		*00:39.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 7 Athlete: SNOECK HANNELORE **Q-time: 01:09:01**

PB (25m pool): 01:08.68 Gent 23/02/2025 **PB (50m pool):** 01:09.65 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.98		01:08.68	
		00:32.98		*00:35.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:11, starttime: 14:15

Heat: 11/14 Lane : 6 Athlete: ANSEEUW LIEZE — **Q-time: 01:06:81**

PB (25m pool): 01:06.81 EEKLO 04/10/2026 — **PB (50m pool):** 01:07.83 **SB:** 01:06.81 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.10		01:06.81	
		00:32.10		*00:34.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/14 Lane : 6 Athlete: BOEYKENS CHARLOTTE — **Q-time: 01:05:23**

PB (25m pool): 01:05.23 Gent 23/02/2025 — **PB (50m pool):** 01:05.56 **SB:** 01:07.45 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.24		01:05.23	
		00:31.24		*00:33.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 4 Athlete: LOONES THULINE — **Q-time: 01:01:28**

PB (25m pool): 01:00.07 LEUVEN 14/11/2021 — **PB (50m pool):** 01:01.41 **SB:** 01:02.92 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:00.07	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 7 Athlete: DEN BAES ELISE — **Q-time: 01:04:22**

PB (25m pool): 01:04.64 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:03.95 **SB:** 01:04.64 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.40		01:04.64	
		00:31.40		*00:33.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 33: 200M MEDLEY MEN 13+ — Heat:7, starttime: 14:45

Heat: 7/10 Lane : 3 Athlete: RABAEYS LUCAS — **Q-time: 02:41:27**

PB (25m pool): 02:41.27 EEKLO 04/10/2026 **PB (50m pool):** 02:48.23 **SB:** 02:41.27 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.65		no time		no time		02:41.27
		00:38.65						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 6 Athlete: BULCKAEN KORNEEL — **Q-time: 02:33:76**

PB (25m pool): 02:33.76 Temse 31/05/2026 **PB (50m pool):** 02:44.31 **SB:** 02:36.15 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.84		01:12.34		01:58.28		02:33.76
		00:31.84		*00:40.50*		*00:45.94*		*00:35.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 15:00

Heat: 2/11 Lane : 2 Athlete: EYCKEN MARIE-LOU — **Q-time: 01:41:16**

PB (25m pool): 01:41.16 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:41.16 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.13		01:41.16	
		00:48.13		*00:53.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 15:00

Heat: 2/11 Lane : 5 Athlete: AUDENAERT LORE — **Q-time: 01:39:35**

PB (25m pool): 01:39.35 BEERNEM 19/09/2026 **PB (50m pool):** 01:43.83 **SB:** 01:39.35 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:46.59		01:39.35	
		00:46.59		*00:52.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/11 Lane : 1 Athlete: REYSERHOVE ANSE — **Q-time: 01:37:26**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/11 Lane : 7 Athlete: BEERENS LEONIE — **Q-time: 01:36:89**

PB (25m pool): 01:36.89 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:36.89 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.79		01:36.89	
	00:45.79		*00:51.10*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:6, starttime: 15:10

Heat: 6/11 Lane : 3 Athlete: CHRISTIAENS NORE — **Q-time: 01:29:50**

PB (25m pool): 01:29.50 BEERNEM 19/09/2026 **PB (50m pool):** 01:32.14 **SB:** 01:29.50 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.88		01:29.50	
	00:43.88		*00:45.62*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:6, starttime: 15:10

Heat: 6/11 Lane : 6 Athlete: RABAEYS LAURE — **Q-time: 01:29:58**

PB (25m pool): 01:29.58 EEKLO 04/10/2026 **PB (50m pool):** 01:34.84 **SB:** 01:29.58 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.60		01:29.58	
	00:43.60		*00:45.98*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/11 Lane : 6 Athlete: VANSIELEGHEM AMBER — **Q-time: 01:27:86**

PB (25m pool): 01:27.86 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:29.84 **SB:** 01:27.86 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:43.07		01:27.86	
		00:43.07		*00:44.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/11 Lane : 7 Athlete: BRYS BARON YVONNE — **Q-time: 01:25:45**

PB (25m pool): 01:25.45 EEKLO 04/10/2026 **PB (50m pool):** 01:27.15 **SB:** 01:25.45 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:41.75		01:25.45	
		00:41.75		*00:43.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 2 Athlete: RYCKAERT MATTHIEU — **Q-time: 03:32:44**

PB (25m pool): 03:11.00 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:32.44 **SB:** 03:11.00 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.29		no time		no time		03:11.00
		00:44.29						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 1 Athlete: VAN HULLE MAURO — **Q-time: 03:19:94**

PB (25m pool): 03:19.94 EEKLO 04/10/2026 **PB (50m pool):** 03:24.33 **SB:** 03:19.94 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.75		no time		no time		03:19.94
		00:44.75						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:6, starttime: 15:45

Heat: 6/7 Lane : 1 Athlete: DE BAERDEMACKER JULES — **Q-time: 03:07:89**

PB (25m pool): 03:01.64 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:07.89 **SB:** 03:01.64 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.32		no time		no time		03:01.64
	00:43.32							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:1, starttime: 15:55

Heat: 1/9 Lane : 5 Athlete: SCHOENMAEKERS ALIX — **Q-time: 00:46:97**

PB (25m pool): 00:43.09 DENDERMONDE 14/11/2026 **PB (50m pool):** 00:49.21 **SB:** 00:43.09 DENDERMONDE 14/11/2026

	25M	50M	
PB		00:43.09	
	00:43.09		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/9 Lane : 2 Athlete: BOEYKENS CHARLOTTE — **Q-time: 00:33:87**

PB (25m pool): 00:33.83 Sinbad 23/07/2024 **PB (50m pool):** 00:34.29 **SB:** 00:34.69 EEKLO 04/10/2026

	25M	50M	
PB		00:33.83	
	00:33.83		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/9 Lane : 5 Athlete: LOONES THULINE — **Q-time: 00:32:69**

PB (25m pool): 00:32.69 Gent 23/02/2025 **PB (50m pool):** 00:34.15 **SB:** 00:33.28 EEKLO 04/10/2026

	25M	50M	
PB		00:32.69	
	00:32.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback: