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

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

Coaches: Wielfaert Wout

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:1, starttime: 14:00

Heat: 1/14 Lane : 3 Athlete: RUYSSEN MERYL LOUISE MINGLAN **Q-time: 01:28:38**

PB (25m pool): 01:31.87 Eeklo 19/04/2026 **PB (50m pool):** 01:28.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.18		01:31.87	
		00:42.18		*00:49.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:2, starttime: 14:00

Heat: 2/14 Lane : 5 Athlete: MAENHOUT FARAH **Q-time: 01:18:58**

PB (25m pool): 01:18.58 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:27.52 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.11		01:18.58	
		00:37.11		*00:41.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:2, starttime: 14:00

Heat: 2/14 Lane : 8 Athlete: DE KETELAERE FEBE **Q-time: 01:23:47**

PB (25m pool): 01:23.47 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:26.86 **SB:** 01:23.47 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.72		01:23.47	
		00:39.72		*00:43.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:6, starttime: 14:10

Heat: 6/14 Lane : 5 Athlete: VAN LIERDE ROOS — **Q-time: 01:10:55**

PB (25m pool): 01:10.55 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:14.02 **SB:** 01:10.55 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:33.51		01:10.55	
	00:33.51		*00:37.04*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/10 Lane : 6 Athlete: HOEYMANS CEDRIC — **Q-time: 03:11:27**

PB (25m pool): 03:11.27 Gent 23/02/2025 **PB (50m pool):** 03:16.02 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.68		01:31.07		02:28.34		03:11.27
	00:42.68		*00:48.39*		*00:57.27*		*00:42.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/10 Lane : 1 Athlete: VAN BRAECKEL SEPPE — **Q-time: 02:48:40**

PB (25m pool): 02:48.52 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 02:48.40 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.08		01:21.22		02:11.09		02:48.52
	00:41.08		*00:40.14*		*00:49.87*		*00:37.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/10 Lane : 2 Athlete: DE REGGE MATTEO — **Q-time: 02:47:39**

PB (25m pool): 02:47.39 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:03.77 **SB:** 02:47.39 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.12		no time		no time		02:47.39
	00:36.12							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 6/10 Lane : 2 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 02:44:46**

PB (25m pool): 02:44.46 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:00.90 **SB:** 02:44.46 DENDERMONDE 14/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.55		no time		no time		02:44.46
		00:37.55						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/7 Lane : 4 Athlete: BOAST ALEXANDER — **Q-time: 03:33:06**

PB (25m pool): 03:33.06 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:53.35		01:48.49		02:48.14		03:33.06
		00:53.35		*00:55.14*		*00:59.65*		*00:44.92*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 2 Athlete: VAN LIERDE DAAN — **Q-time: 03:19:03**

PB (25m pool): 03:19.03 EEKLO 04/10/2026 **PB (50m pool):** 03:36.89 **SB:** 03:19.03 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:47.67		no time		no time		03:19.03
		00:47.67						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/9 Lane : 3 Athlete: DE KETELAERE FEBE — **Q-time: 00:48:71**

PB (25m pool): 00:48.71 DENDERMONDE 14/11/2026 **PB (50m pool):** 00:49.24 **SB:** 00:48.71 DENDERMONDE 14/11/2026

	25M	50M	
PB		00:48.71	
		00:48.71	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/9 Lane : 6 Athlete: RUYSSEN MERYL LOUISE MINGLAN **Q-time: 00:50:26**

PB (25m pool): 00:50.26 DENDERMONDE 14/11/2026 **PB (50m pool):** no time **SB:** 00:50.26 DENDERMONDE 14/11/2026

	25 M	50 M	
PB		00:50.26	
	00:50.26		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:3, starttime: 15:55

Heat: 3/9 Lane : 2 Athlete: MAENHOUT FARAH **Q-time: 00:40:96**

PB (25m pool): 00:40.96 DENDERMONDE 14/11/2026 **PB (50m pool):** 00:46.39 **SB:** 00:40.96 DENDERMONDE 14/11/2026

	25 M	50 M	
PB		00:40.96	
	00:40.96		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/9 Lane : 3 Athlete: VAN LIERDE ROOS **Q-time: 00:37:45**

PB (25m pool): 00:37.45 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:38.57 **SB:** 00:37.45 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:37.45	
	00:37.45		
	. . : . . : . .	. . : . . : . .	

Coach feedback: