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

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

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

Coaches: Januarius Bart

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

Event number: 32: 100M FREESTYLE WOMEN 13+ Heat:9, starttime: 14:15

Heat: 9/14 Lane : 3 Athlete: GHISLAIN EMILIE **Q-time: 01:08:21**

PB (25m pool): 01:08.21 Tienen 26/10/2025 **PB (50m pool):** 01:10.36 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.97		01:08.21	
		00:31.97		*00:36.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/14 Lane : 5 Athlete: HEYE MIRTHE **Q-time: 01:07:60**

PB (25m pool): 01:07.60 Sint-Pieters-Leeuw 05/10/2025 **PB (50m pool):** 01:08.70 **SB:** 01:09.28 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.25		01:07.60	
		00:32.25		*00:35.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 13/14 Lane : 8 Athlete: GHISLAIN JULIETTE **Q-time: 01:05:63**

PB (25m pool): 01:05.63 Wildersportcomplex 16/03/2025 **PB (50m pool):** 01:05.98 **SB:** 01:07.28 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.35		01:05.63	
		00:31.35		*00:34.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 33: 200M MEDLEY MEN 13+ — Heat:2, starttime: 14:30

Heat: 2/10 Lane : 5 Athlete: DOBBELEIRE NIELS — **Q-time: 02:59:38**

PB (25m pool): 02:59.38 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 03:13.29 **SB:** 02:59.38 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.19		no time		no time		02:59.38
		00:40.19						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:3, starttime: 14:30

Heat: 3/10 Lane : 3 Athlete: SAADEH NAYIM — **Q-time: 02:53:59**

PB (25m pool): 02:53.59 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 02:59.36 **SB:** 02:53.59 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.55		no time		no time		02:53.59
		00:35.55						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/10 Lane : 1 Athlete: GHISLAIN ANTOINE — **Q-time: 02:45:41**

PB (25m pool): 02:45.41 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 02:57.99 **SB:** 02:45.41 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.18		no time		no time		02:45.41
		00:36.18						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/10 Lane : 3 Athlete: SMISMANS KAMIL — **Q-time: 02:33:19**

PB (25m pool): 02:33.19 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 02:45.82 **SB:** 02:33.19 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.88		no time		no time		02:33.19
		00:31.88						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 33: 200M MEDLEY MEN 13+ — Heat:9, starttime: 14:50

Heat: 9/10 Lane : 1 Athlete: SEGERS LOUIS — **Q-time: 02:30:73**

PB (25m pool): 02:30.73 LEUVEN 21/12/2025 **PB (50m pool):** 02:37.56 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.81		01:09.12		01:54.38		02:30.73
		00:29.81		*00:39.31*		*00:45.26*		*00:36.35*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/7 Lane : 3 Athlete: CLAESSENS MATTIZ — **Q-time: 03:43:75**

PB (25m pool): 03:43.75 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:48.05		no time		no time		03:43.75
		00:48.05						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:3, starttime: 15:35

Heat: 3/7 Lane : 2 Athlete: DHONDT MICHIEL — **Q-time: 03:23:78**

PB (25m pool): 03:23.78 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 03:23.78 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.88		no time		no time		03:23.78
		00:46.88						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:5, starttime: 15:40

Heat: 5/7 Lane : 1 Athlete: JANUARIUS JULES — **Q-time: 03:13:80**

PB (25m pool): 03:13.80 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 03:26.71 **SB:** 03:13.80 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.28		no time		no time		03:13.80
		00:47.28						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/9 Lane : 2 Athlete: GHISLAIN EMILIE **Q-time: 00:38:14**

PB (25m pool): 00:38.14 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:38.64 **SB:** 00:38.14 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:38.14	
		00:38.14	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/9 Lane : 6 Athlete: GHISLAIN JULIETTE **Q-time: 00:37:58**

PB (25m pool): 00:38.49 Tervuren 10/10/2026 **PB (50m pool):** 00:37.58 **SB:** 00:38.49 Tervuren 10/10/2026

	25 M	50 M	
PB		00:38.49	
		00:38.49	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/9 Lane : 4 Athlete: HEYE MIRTHE **Q-time: 00:34:64**

PB (25m pool): 00:34.64 Liedekerke 11/11/2025 **PB (50m pool):** 00:35.19 **SB:** 00:35.69 Tervuren 10/10/2026

	25 M	50 M	
PB		00:34.64	
		00:34.64	
	. . : . . : . .	. . : . . : . .	

Coach feedback: