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

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

Coaches: Defoin Steven

Coaches: Appeltans Ruth

Coaches: Coenen Remco

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 : 2 Athlete: WANTEN LAURA — **Q-time: 01:17:31**

PB (25m pool): 01:17.31 Hasselt 04/10/2026 **PB (50m pool):** 01:17.86 **SB:** 01:17.31 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.07		01:17.31	
		00:37.07		*00:40.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/10 Lane : 3 Athlete: WERY MILAN — **Q-time: 02:46:90**

PB (25m pool): 02:46.90 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:53.99 **SB:** 02:48.88 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.86		01:17.70		02:10.02		02:46.90
		00:34.86		*00:42.84*		*00:52.32*		*00:36.88*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 9/10 Lane : 8 Athlete: RUYMEN SIEBE — **Q-time: 02:30:90**

PB (25m pool): 02:30.90 Pelt 27/09/2026 **PB (50m pool):** 02:33.40 **SB:** 02:30.90 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.79		no time		no time		02:30.90
		00:30.79						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: