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

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

Coaches: Loos Kim HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

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

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:5, starttime: 14:05

Heat: 5/14 Lane : 5 Athlete: DJONOU IMBA ITZANA — **Q-time: 01:12:23**

PB (25m pool): 01:12.23 Nijlen 18/10/2026 **PB (50m pool):** 01:13.38 **SB:** 01:12.23 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.32		01:12.23	
		00:35.32		*00:36.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/14 Lane : 1 Athlete: VALKENBORGHS YANNE — **Q-time: 01:11:44**

PB (25m pool): 01:11.44 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** 01:12.29 **SB:** 01:12.90 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.30		01:11.44	
		00:34.30		*00:37.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/14 Lane : 8 Athlete: WOUTERS DORA — **Q-time: 01:11:50**

PB (25m pool): 01:11.50 Kapellen 30/05/2026 **PB (50m pool):** 01:13.10 **SB:** 01:11.84 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.62		01:11.50	
		00:34.62		*00:36.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:7, starttime: 14:10

Heat: 7/14 Lane : 6 Athlete: HUFKENS ELINA — **Q-time: 01:10:08**

PB (25m pool): 01:10.08 Nijlen 18/10/2026 **PB (50m pool):** 01:14.37 **SB:** 01:10.08 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.10		01:10.08	
		00:33.10		*00:36.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/14 Lane : 6 Athlete: VAN ASTEN RENéE — **Q-time: 01:08:37**

PB (25m pool): 01:08.37 Nijlen 18/10/2026 **PB (50m pool):** 01:11.24 **SB:** 01:08.37 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.56		01:08.37	
		00:32.56		*00:35.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/14 Lane : 8 Athlete: COOLS YELENA — **Q-time: 01:06:35**

PB (25m pool): 01:06.35 Nijlen 16/11/2025 **PB (50m pool):** 01:08.69 **SB:** 01:06.79 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.09		01:06.35	
		00:32.09		*00:34.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 8 Athlete: CORNELIS KAAT — **Q-time: 01:04:55**

PB (25m pool): 01:04.28 LEUVEN 15/11/2026 **PB (50m pool):** 01:06.40 **SB:** 01:04.28 LEUVEN 15/11/2026

	25 M	50 M	75 M	100 M	
PB		00:30.49		01:04.28	
		00:30.49		*00:33.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 33: 200M MEDLEY MEN 13+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 5 Athlete: LIEVENS RUBE — **Q-time: 02:49:31**

PB (25m pool): 02:49.31 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 02:49.31 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.22		01:21.08		02:10.32		02:49.31
		00:38.22		*00:42.86*		*00:49.24*		*00:38.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/11 Lane : 8 Athlete: BOECKX LISA — **Q-time: 01:43:53**

PB (25m pool): 01:49.39 Arendonk 30/11/2025 **PB (50m pool):** 01:43.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:52.92		01:49.39	
		00:52.92		*00:56.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:4, starttime: 15:05

Heat: 4/11 Lane : 4 Athlete: SCHEPERS LENTHE — **Q-time: 01:32:20**

PB (25m pool): 01:32.20 Nijlen 18/10/2026 **PB (50m pool):** 01:37.62 **SB:** 01:32.20 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.34		01:32.20	
		00:45.34		*00:46.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:4, starttime: 15:05

Heat: 4/11 Lane : 8 Athlete: VEREECKEN WANTER FELINE — **Q-time: 01:34:55**

PB (25m pool): 01:34.55 Mol 04/10/2026 **PB (50m pool):** 01:37.25 **SB:** 01:34.55 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:46.06		01:34.55	
		00:46.06		*00:48.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 15:50

Heat: 7/7 Lane : 3 Athlete: DE FEYTER LUCAS — **Q-time: 03:01:86**

PB (25m pool): 03:01.86 Mol 04/10/2026 — **PB (50m pool):** 03:07.76 **SB:** 03:01.86 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.93		01:29.18		02:20.96		03:01.86
		00:43.93		*00:45.25*		*00:51.78*		*00:40.90*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:4, starttime: 16:00

Heat: 4/9 Lane : 8 Athlete: HUFKENS ELINA — **Q-time: 00:39:71**

PB (25m pool): 00:39.71 Nijlen 18/10/2026 — **PB (50m pool):** 00:41.56 **SB:** 00:39.71 Nijlen 18/10/2026

	25 M	50 M	
PB		00:39.71	
		00:39.71	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/9 Lane : 1 Athlete: COOLS YELENA — **Q-time: 00:37:12**

PB (25m pool): 00:37.12 Nijlen 18/10/2026 — **PB (50m pool):** 00:39.14 **SB:** 00:37.12 Nijlen 18/10/2026

	25 M	50 M	
PB		00:37.12	
		00:37.12	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:6, starttime: 16:00

Heat: 6/9 Lane : 7 Athlete: VAN ASTEN RENéE — **Q-time: 00:37:08**

PB (25m pool): 00:37.08 Nijlen 18/10/2026 — **PB (50m pool):** 00:40.67 **SB:** 00:37.08 Nijlen 18/10/2026

	25 M	50 M	
PB		00:37.08	
		00:37.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 9/9 Lane : 3 Athlete: CORNELIS KAAT **Q-time: 00:32:75**

PB (25m pool): 00:32.57 LEUVEN 15/11/2026 **PB (50m pool):** 00:33.46 **SB:** 00:32.57 LEUVEN 15/11/2026

	25 M	50 M	
PB		00:32.57	
	00:32.57		
	. . : . . : . .	. . : . . : . .	

Coach feedback: