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

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

Coaches: Wouters Ivan

Coaches: Neirynck Jan

Coaches: Van Dooren Glenn

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

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

Heat: 11/14 Lane : 2 Athlete: VAN BUGGENHOUT ISHANA **Q-time: 01:06:89**

PB (25m pool): 01:06.89 Nijlen 18/10/2026 **PB (50m pool):** 01:09.65 **SB:** 01:06.89 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.00		01:06.89	
		00:32.00		*00:34.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 6 Athlete: CLAES JADE **Q-time: 01:03:82**

PB (25m pool): 01:03.82 Nijlen 18/10/2026 **PB (50m pool):** 01:04.26 **SB:** 01:03.82 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.48		01:03.82	
		00:30.48		*00:33.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 Heat:1, starttime: 15:00

Heat: 1/11 Lane : 2 Athlete: VAN HASSEL FEMKE **Q-time: 01:56:87**

PB (25m pool): 01:58.91 Mol 28/12/2025 **PB (50m pool):** 01:56.87 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:58.54		01:58.91	
		00:58.54		*01:00.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:5, starttime: 15:10

Heat: 5/11 Lane : 6 Athlete: CLAES SIEN — **Q-time: 01:31:52**

PB (25m pool): 01:31.52 Mol 04/10/2026 **PB (50m pool):** 01:32.88 **SB:** 01:31.52 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.23		01:31.52	
		00:45.23		*00:46.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/11 Lane : 2 Athlete: DILLEN LOTTE — **Q-time: 01:28:08**

PB (25m pool): 01:28.08 Mol 04/10/2026 **PB (50m pool):** 01:31.22 **SB:** 01:28.08 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.38		01:28.08	
		00:43.38		*00:44.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:10, starttime: 15:20

Heat: 10/11 Lane : 8 Athlete: DILLEN HANNE — **Q-time: 01:25:11**

PB (25m pool): 01:25.11 Mol 04/10/2026 **PB (50m pool):** 01:30.85 **SB:** 01:25.11 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.04		01:25.11	
		00:41.04		*00:44.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/9 Lane : 4 Athlete: VAN BUGGENHOUT ISHANA — **Q-time: 00:38:43**

PB (25m pool): 00:38.43 Nijlen 16/11/2025 **PB (50m pool):** 00:41.65 **SB:** no time

	25 M	50 M	
PB		00:38.43	
		00:38.43	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 9/9 Lane : 8 Athlete: CLAES JADE **Q-time: 00:34:28**

PB (25m pool): 00:34.28 Nijlen 18/10/2026 **PB (50m pool):** 00:37.35 **SB:** 00:34.28 Nijlen 18/10/2026

	25 M	50 M	
PB		00:34.28	
		00:34.28	
	. . : . . : . .	. . : . . : . .	

Coach feedback: