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

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

Coaches: Verhaegen Els

Coaches: Van Schoor Els

Coaches: Delissen Kim

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

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

Heat: 12/14 Lane : 3 Athlete: NULENS LILI **Q-time: 01:05:96**

PB (25m pool): 01:05.96 Tilburg 13/09/2026 **PB (50m pool):** 01:07.82 **SB:** 01:05.96 Tilburg 13/09/2026

	25 M	50 M	75 M	100 M	
PB		00:32.30		01:05.96	
		00:32.30		*00:33.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/10 Lane : 2 Athlete: VERDONCK STIJN **Q-time: 03:12:34**

PB (25m pool): no time **PB (50m pool):** 03:12.34 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 9/10 Lane : 2 Athlete: COGURCU ARDA **Q-time: 02:29:13**

PB (25m pool): 02:29.13 Aartselaar 01/11/2026 **PB (50m pool):** 02:36.84 **SB:** 02:29.13 Aartselaar 01/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.82		no time		no time		02:29.13
		00:30.82						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 33: 200M MEDLEY MEN 13+ — Heat:10, starttime: 14:55

Heat: 10/10 Lane : 1 Athlete: BETTENS LUCAS — **Q-time: 02:27:18**

PB (25m pool): 02:27.18 Aartselaar 01/11/2026 — **PB (50m pool):** 02:33.08 **SB:** 02:27.18 Aartselaar 01/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.43		no time		no time		02:27.18
		00:32.43						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:10, starttime: 14:55

Heat: 10/10 Lane : 6 Athlete: NAEGELS REZA — **Q-time: 02:26:34**

PB (25m pool): 02:26.34 Mol 04/10/2026 — **PB (50m pool):** 02:41.93 **SB:** 02:26.34 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.45		01:09.61		01:52.81		02:26.34
		00:31.45		*00:38.16*		*00:43.20*		*00:33.53*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:10, starttime: 14:55

Heat: 10/10 Lane : 7 Athlete: TSYBULNIAK KYRYL — **Q-time: 02:27:11**

PB (25m pool): 02:27.11 Mol 04/10/2026 — **PB (50m pool):** 02:56.52 **SB:** 02:27.11 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.45		01:11.05		01:53.16		02:27.11
		00:30.45		*00:40.60*		*00:42.11*		*00:33.95*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/9 Lane : 6 Athlete: NULENS LILI — **Q-time: 00:35:01**

PB (25m pool): 00:35.01 Mol 04/10/2026 — **PB (50m pool):** no time **SB:** 00:35.01 Mol 04/10/2026

	25 M	50 M	
PB		00:35.01	
		00:35.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback: