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

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

Coaches: Jacob Sven

Coaches: Daniëls Liesbeth

Coaches: Slootmaeckers Silke HEADCOACH

Coaches: Vanuytven Diane

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

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

Heat: 14/14 Lane : 5 Athlete: VERDOOD PIP — **Q-time: 01:03:00**

PB (25m pool): 01:03.00 Mol 04/10/2026 **PB (50m pool):** 01:03.62 **SB:** 01:03.00 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.42		01:03.00	
	00:30.42		*00:32.58*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/10 Lane : 4 Athlete: VERSTRAETE PEPIJN — **Q-time: 02:58:75**

PB (25m pool): 02:58.75 Aartselaar 01/11/2025 **PB (50m pool):** 03:03.16 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.88		no time		no time		02:58.75
	00:42.88							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:7, starttime: 14:45

Heat: 7/10 Lane : 8 Athlete: DRISSI EL MESKINI TAMIZ — **Q-time: 02:43:63**

PB (25m pool): 02:43.63 Heist-op-den-Berg 10/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.41		no time		no time		02:43.63
	00:35.41							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/11 Lane : 4 Athlete: DE KEYZER FRAN — **Q-time: 01:44:77**

PB (25m pool): 01:44.77 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:44.77 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:48.90		01:44.77	
		00:48.90		*00:55.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/11 Lane : 3 Athlete: VLUYMANS JULIE — **Q-time: 01:32:90**

PB (25m pool): 01:32.90 Nijlen 18/10/2026 **PB (50m pool):** 01:35.00 **SB:** 01:32.90 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.60		01:32.90	
		00:44.60		*00:48.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 7 Athlete: DE PUYDT ARTHUR — **Q-time: 03:24:45**

PB (25m pool): 03:24.45 Arendonk 30/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:53.22		no time		no time		03:24.45
		00:53.22						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/9 Lane : 5 Athlete: VERDOOD PIP — **Q-time: 00:34:66**

PB (25m pool): 00:34.66 Hoogstraten 27/09/2026 **PB (50m pool):** 00:35.76 **SB:** 00:34.66 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:34.66	
		00:34.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback: