

Midwintertest: Session: 1: COACH Evaluation sheet for TEAM: AST

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

Coaches: BahnmÃ¼ller Jana HEADCOACH

Coaches: BahnmÃ¼ller Michael

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY WOMEN			Heat:1, starttime: 14:00
Heat: 1/2 Lane : 2 Athlete: KOLICHEVA KATALEYA			Q-time: 01:28:83
PB (50m pool): 01:28.83 Antwerpen 20/07/2025			PB (25m pool): 01:27.51 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.89	01:28.83	
	00:41.89	00:46.94	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY WOMEN			Heat:1, starttime: 14:00
Heat: 1/2 Lane : 6 Athlete: DE WOLF TINE			Q-time: 01:22:05
PB (50m pool): 01:22.05 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:16.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.91	01:22.05	
	00:35.91	00:46.14	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY WOMEN			Heat:2, starttime: 14:02
Heat: 2/2 Lane : 2 Athlete: GUISET JELLE			Q-time: 01:13:13
PB (50m pool): 01:13.13 Aalst 28/06/2025			PB (25m pool): 01:09.86 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.47	01:13.13	
	00:33.47	00:39.66	
			

Coach feedback:

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Event number: 3: 100M BACKSTROKE WOMEN			Heat:4, starttime: 14:17
Heat: 4/5 Lane : 5 Athlete: WACHTELAER CHARLOT			Q-time: 01:17:81
PB (50m pool): 01:17.81 Aalst 28/04/2024			PB (25m pool): 01:14.15 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:17.81	
	no time		
			

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN			Heat:4, starttime: 14:17
Heat: 4/5 Lane : 8 Athlete: MAES HANNE			Q-time: 01:21:57
PB (50m pool): 01:21.57 Antwerpen 13/07/2025			PB (25m pool): 01:17.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.02	01:21.57	
	00:41.02	00:40.55	
			

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN			Heat:5, starttime: 14:19
Heat: 5/5 Lane : 4 Athlete: MAES NOOR			Q-time: 01:12:70
PB (50m pool): 01:12.70 MOUSCRON 29/05/2025			PB (25m pool): 01:11.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.30	01:12.70	
	00:36.30	00:36.40	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:3, starttime: 14:34
Heat: 3/4 Lane : 4 Athlete: VANDERBEKE HASSE			Q-time: 01:27:46
PB (50m pool): 01:27.46 Aalst 11/05/2025			PB (25m pool): 01:23.15 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.54	01:27.46	
	00:41.54	00:45.92	
			

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN				Heat:3, starttime: 14:53
Heat: 3/3 Lane : 1 Athlete: WACHTELAER CELLE				Q-time: 00:59:43
PB (50m pool): 00:59.43 Antwerpen 20/07/2025				PB (25m pool): 00:57.69 SB: no time
	5 0 M	1 0 0 M		
PB	00:29.07	00:59.43		
	00:29.07	00:30.36		
				

Coach feedback:

Event number: 8: 100M FREESTYLE MEN				Heat:3, starttime: 14:53
Heat: 3/3 Lane : 8 Athlete: CHERRETTé BALDER				Q-time: 00:59:85
PB (50m pool): 00:59.85 Antwerpen 27/07/2025				PB (25m pool): 00:56.77 SB: no time
	5 0 M	1 0 0 M		
PB	00:29.07	00:59.85		
	00:29.07	00:30.78		
				

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN					Heat:2, starttime: 14:59
Heat: 2/3 Lane : 3 Athlete: MAES HANNE					Q-time: 03:01:19
PB (50m pool): 03:01.19 Antwerpen 13/07/2025					PB (25m pool): 03:00.79 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.07	01:25.83	02:20.43	03:01.19	
	00:40.07	00:45.76	00:54.60	00:40.76	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN					Heat:2, starttime: 14:59
Heat: 2/3 Lane : 6 Athlete: KOLICHEVA KATALEYA					Q-time: 03:02:85
PB (50m pool): 03:02.85 Antwerpen 20/07/2025					PB (25m pool): 02:59.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.33	01:27.93	02:23.75	03:02.85	
	00:40.33	00:47.60	00:55.82	00:39.10	
					

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN					Heat:3, starttime: 15:03
Heat: 3/3 Lane : 2 Athlete: MAES NOOR					Q-time: 02:48:18
PB (50m pool): 02:48.18 Antwerpen 20/04/2025					PB (25m pool): 02:43.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.88	01:16.25	02:11.37	02:48.18	
	00:33.88	00:42.37	00:55.12	00:36.81	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN					Heat:3, starttime: 15:03
Heat: 3/3 Lane : 3 Athlete: WACHTELAER CHARLOT					Q-time: 02:44:06
PB (50m pool): 02:44.06 Antwerp 09/02/2025					PB (25m pool): 02:40.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.38	01:18.44	02:06.32	02:44.06	
	00:35.38	00:43.06	00:47.88	00:37.74	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN					Heat:3, starttime: 15:03
Heat: 3/3 Lane : 5 Athlete: GUISET JELLE					Q-time: 02:36:91
PB (50m pool): 02:36.91 MOUSCRON 29/05/2025					PB (25m pool): 02:34.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.46	01:12.61	02:01.26	02:36.91	
	00:32.46	00:40.15	00:48.65	00:35.65	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 2 Athlete: MARIUS MATTIS					Q-time: 02:54:61
PB (50m pool): 02:54.61 Aalst 28/06/2025					PB (25m pool): 02:55.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.11	01:23.54	02:16.87	02:54.61	
	00:38.11	00:45.43	00:53.33	00:37.74	
					

Coach feedback:

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Event number: 11: 200M MEDLEY MIXED 10-10					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 2 Athlete: KEYMEULEN ALBERT					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:25.56 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 11: 200M MEDLEY MIXED 10-10					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 7 Athlete: DE DONDER FLORE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:22.98 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 6 Athlete: BOTERBERGH LIEKE							Q-time: 05:14:43	
PB (50m pool): 05:14.43 Antwerpen 21/07/2024 PB (25m pool): 05:08.13 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	05:14.43
	no time							
								

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 7 Athlete: MEGANCK LIO							Q-time: 05:30:97	
PB (50m pool): 05:30.97 Aalst 28/06/2025 PB (25m pool): 05:04.47 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:38.32	01:20.99	02:03.76	02:47.63	03:28.78	04:10.17	04:51.79	05:30.97
	00:38.32	00:42.67	00:42.77	00:43.87	00:41.15	00:41.39	00:41.62	00:39.18
								

Coach feedback:

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Event number: 18: 200M BUTTERFLY MEN					Heat:1, starttime: 16:14
Heat: 1/1 Lane : 4 Athlete: CHERRETTÉ BALDER					Q-time: 02:31:63
PB (50m pool): 02:31.63 Aalst 28/06/2025					PB (25m pool): 02:36.86 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.62	01:13.91	01:54.06	02:31.63	
	00:33.62	00:40.29	00:40.15	00:37.57	
					

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:1, starttime: 16:18
Heat: 1/3 Lane : 3 Athlete: VANDERBEKE HASSE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:42.54 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 22: 200M BREASTSTROKE MEN					Heat:1, starttime: 16:56
Heat: 1/3 Lane : 5 Athlete: MARIUS MATTIS					Q-time: 03:30:07
PB (50m pool): 03:30.07 MOUSCRON 29/05/2025					PB (25m pool): 03:27.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.15	01:41.06	02:35.99	03:30.07	
	00:46.15	00:54.91	00:54.93	00:54.08	
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:2, starttime: 17:13
Heat: 2/3 Lane : 1 Athlete: MEGANCK LIO					Q-time: 02:34:52
PB (50m pool): 02:34.52 Antwerpen 20/04/2025					PB (25m pool): 02:39.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.55	01:14.68	01:55.91	02:34.52	
	00:35.55	00:39.13	00:41.23	00:38.61	
					

Coach feedback:

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Event number: 23: 200M FREESTYLE WOMEN					Heat:2, starttime: 17:13
Heat: 2/3 Lane : 3 Athlete: BOTERBERGH LIEKE					Q-time: 02:30:85
PB (50m pool): 02:30.85 Antwerpen 13/07/2025					PB (25m pool): 02:26.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.32	01:13.16	01:52.35	02:30.85	
	00:34.32	00:38.84	00:39.19	00:38.50	
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:2, starttime: 17:13
Heat: 2/3 Lane : 4 Athlete: DE WOLF TINE					Q-time: 02:27:08
PB (50m pool): 02:27.08 Antwerpen 20/04/2025					PB (25m pool): 02:21.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.25	01:11.49	01:49.64	02:27.08	
	00:34.25	00:37.24	00:38.15	00:37.44	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:3, starttime: 17:26
Heat: 3/3 Lane : 2 Athlete: WACHTELAER CELLE					Q-time: 02:09:46
PB (50m pool): 02:09.46 Antwerpen 20/07/2025					PB (25m pool): 02:05.42 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.62	01:03.91	01:37.77	02:09.46	
	00:30.62	00:33.29	00:33.86	00:31.69	
					

Coach feedback: