

Laatste kans Vita: Session: 1: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: BahnmÃ¼ller Michael

Coaches: BahnmÃ¼ller Jana HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:10, starttime: 14:35

Heat: 10/12 Lane : 4 Athlete: MAES NOOR				Q-time: 01:03:08	
PB (25m pool): 01:03.08 T ROSCO 12/10/2025				PB (50m pool): 01:04.35 SB: 01:03.08 T ROSCO 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.55		01:03.08	
	00:30.55		00:32.53		
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9 Heat:3, starttime: 14:44

Heat: 3/3 Lane : 4 Athlete: KEYMEULEN ALBERT				Q-time: 01:37:55	
PB (25m pool): 01:37.55 Dendermonde 22/11/2025				PB (50m pool): no time SB: 01:37.55 Dendermonde 22/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.55	
	no time				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+ Heat:5, starttime: 15:04

Heat: 5/6 Lane : 7 Athlete: WACHTELAER CELLE							Q-time: 02:58:96	
PB (25m pool): 03:04.51 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:58.96SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.95		01:30.22		02:18.77		03:04.51
	00:41.95		00:48.27		00:48.55		00:45.74	
								

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:10	
Heat: 1/5 Lane : 4 Athlete: BOTERBERGH LIEKE							Q-time: 04:21:44	
PB (25m pool): 04:21.44 Sint-Amandsberg 22/10/2023				PB (50m pool): 04:30.71 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		04:21.44
	no time							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 4 Athlete: MAES HANNE							Q-time: 03:38:56	
PB (25m pool): 04:21.75 Ronse 21/05/2023				PB (50m pool): 03:38.56 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		04:21.75
	no time							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:27	
Heat: 5/5 Lane : 1 Athlete: WACHTELAER CHARLOT							Q-time: 03:04:71	
PB (25m pool): 03:04.71 Sint-Amandsberg 27/10/2024				PB (50m pool): 03:15.05 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.99		01:30.28		02:18.28		03:04.71
	00:41.99		00:48.29		00:48.00		00:46.43	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:27	
Heat: 5/5 Lane : 7 Athlete: VANDERBEKE HASSE							Q-time: 03:01:58	
PB (25m pool): 03:01.58 Sinbad 16/03/2025				PB (50m pool): 03:13.56SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.65		01:27.83		no time		03:01.58
	00:41.65		00:46.18					
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 6: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:33
Heat: 2/7 Lane : 5 Athlete: MARIUS MATTIS					Q-time: 01:21:95
PB (25m pool): 01:21.95 Dendermonde 22/11/2025					PB (50m pool): no time SB: 01:21.95 Dendermonde 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.95	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:46
Heat: 2/9 Lane : 5 Athlete: KOLICHEVA KATALEYA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:52
Heat: 5/9 Lane : 1 Athlete: MEGANCK LIO					Q-time: 01:21:92
PB (25m pool): 01:21.92 Dendermonde 22/11/2025					PB (50m pool): no time SB: 01:21.92 Dendermonde 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.92	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:54
Heat: 6/9 Lane : 1 Athlete: DE WOLF TINE					Q-time: 01:18:48
PB (25m pool): 01:17.52 Dendermonde. 25/11/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.52	
	no time				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 15:57
Heat: 8/9 Lane : 7 Athlete: GUISSET JELLE					Q-time: 01:13:12
PB (25m pool): 01:13.12 Sinbad 23/07/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.12	
	no time				
					

Coach feedback:

Event number: 8: 200M BUTTERFLY MEN 11+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 1 Athlete: WACHTELAER CELLE							Q-time: 02:39:25	
PB (25m pool): 02:39.25 Gent 23/02/2025				PB (50m pool): 02:56.21 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.37		01:13.84		01:58.93		02:39.25
	00:33.37		00:40.47		00:45.09		00:40.32	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 16:12	
Heat: 1/2 Lane : 2 Athlete: BOTERBERGH LIEKE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 16:12	
Heat: 1/2 Lane : 5 Athlete: KOLICHEVA KATALEYA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 16:12	
Heat: 1/2 Lane : 8 Athlete: MAES HANNE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:15	
Heat: 2/2 Lane : 1 Athlete: MAES NOOR							Q-time: 03:05:72	
PB (25m pool): 03:05.72 Sint-Amandsberg 27/10/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.27		01:23.92		02:15.29		03:05.72
	00:37.27		00:46.65		00:51.37		00:50.43	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:15	
Heat: 2/2 Lane : 2 Athlete: VANDERBEKE HASSE							Q-time: 02:53:47	
PB (25m pool): 02:53.47 Sint-Amandsberg 27/10/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.54		01:23.17		02:09.55		02:53.47
	00:38.54		00:44.63		00:46.38		00:43.92	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:15	
Heat: 2/2 Lane : 6 Athlete: GUISET JELLE							Q-time: 02:39:70	
PB (25m pool): 02:39.70 Gent 23/02/2025			PB (50m pool): 02:46.94SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.10		01:15.79		01:58.23		02:39.70
	00:34.10		00:41.69		00:42.44		00:41.47	
								

Coach feedback:

Laatste kans Vita:
 Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 16:23
Heat: 3/3 Lane : 2 Athlete: KEYMEULEN ALBERT					Q-time: 01:27:10
PB (25m pool): 01:27.10 Dendermonde 22/11/2025					PB (50m pool): 01:31.23 SB: 01:27.10 Dendermonde 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.72		01:27.10	
	00:41.72		00:45.38		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:32
Heat: 4/9 Lane : 2 Athlete: MARIUS MATTIS					Q-time: 01:20:99
PB (25m pool): 01:20.99 Temse 17/11/2025					PB (50m pool): 01:22.92 SB: 01:20.99 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.18		01:20.99	
	00:39.18		00:41.81		
					

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 1 Athlete: MEGANCK LIO							Q-time: 06:43:62	
PB (25m pool): 06:43.62 Ronse 17/03/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:43.62
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/2 Lane : 7 Athlete: WACHTELAER CHARLOT							Q-time: 05:42:75	
PB (25m pool): 05:42.75 Sinbad 23/07/2024				PB (50m pool): 05:51.47 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:42.75
								

Coach feedback:

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:51	
Heat: 2/3 Lane : 2 Athlete: TEAM AST 2							Q-time: 02:28:00	
PB (25m pool):			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback:

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:51	
Heat: 2/3 Lane : 4 Athlete: TEAM AST 1							Q-time: 02:21:50	
PB (25m pool):			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback: