

STW meeting 26: Session: 1: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 12:55 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahnmüller Michael

Coaches: Bahnmüller Jana HEADCOACH

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 14:19	
Heat: 3/5 Lane : 6 Athlete: DE DONDER FLORE							Q-time: 06:20:05	
PB (25m pool): 06:20.05 T ROSCO 12/10/2025			PB (50m pool): no time SB: 06:20.05 T ROSCO 12/10/2025					
	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		00:43.40		01:31.57		02:20.54		03:09.65
	00:43.40		00:48.17		00:48.97		00:49.11	
								
	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		03:58.06		04:45.77		05:33.92		06:20.05
	00:48.41		00:47.71		00:48.15		00:46.13	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 14:33	
Heat: 5/5 Lane : 7 Athlete: KOLICHEVA KATALEYA							Q-time: 05:28:03	
PB (25m pool): 05:28.03 T ROSCO 12/10/2025				PB (50m pool): 06:23.32SB: 05:28.03 T ROSCO 12/10/2025				
	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		00:37.47		01:19.21		02:00.88		02:44.36
	00:37.47		00:41.74		00:41.67		00:43.48	
								
	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		03:26.53		04:08.29		04:49.83		05:28.03
	00:42.17		00:41.76		00:41.54		00:38.20	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 14:47	
Heat: 2/4 Lane : 3 Athlete: KEYMEULEN ALBERT							Q-time: 06:36:36	
PB (25m pool): 06:36.36 T ROSCO 12/10/2025				PB (50m pool): no time SB: 06:36.36 T ROSCO 12/10/2025				
	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		00:44.84		01:35.16		02:26.76		03:17.58
	00:44.84		00:50.32		00:51.60		00:50.82	
								
	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

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PB		04:07.91		04:57.67		05:48.17		06:36.36
	00:50.33		00:49.76		00:50.50		00:48.19	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 1 Athlete: MARIUS MATTIS							Q-time: 05:23:63	
PB (25m pool): 05:23.63 T ROSCO 12/10/2025				PB (50m pool): 05:39.78SB: 05:23.63 T ROSCO 12/10/2025				
	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		00:36.38		01:18.35		02:00.50		02:42.08
	00:36.38		00:41.97		00:42.15		00:41.58	
								
	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		03:24.64		04:05.79		04:46.09		05:23.63
	00:42.56		00:41.15		00:40.30		00:37.54	
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:12
Heat: 1/9 Lane : 4 Athlete: BOTERBERGH LIEKE				Q-time: 99:99:99	
PB (25m pool): 01:53.39 Sinbad 26/05/2024			PB (50m pool): 01:50.54SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:53.39	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:12	
Heat: 1/9 Lane : 5 Athlete: MEGANCK LIO						Q-time: 99:99:99		
PB (25m pool): 01:37.08 Sint-Amandsberg 27/10/2024				PB (50m pool): 01:36.08SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:45.68		01:37.08				
	00:45.68		00:51.40					
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:19
Heat: 4/9 Lane : 6 Athlete: MAES HANNE					Q-time: 01:40:37
PB (25m pool): 01:40.37 Temse 17/11/2025					PB (50m pool): 01:42.45 SB: 01:40.37 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.36		01:40.37	
	00:47.36		00:53.01		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 15:23
Heat: 6/9 Lane : 5 Athlete: DE WOLF TINE					Q-time: 01:31:98
PB (25m pool): 01:29.69 Diksmuide 19/11/2023					PB (50m pool): 01:33.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.69	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 15:27
Heat: 8/9 Lane : 1 Athlete: WACHTELAER CHARLOT					Q-time: 01:27:98
PB (25m pool): 01:26.05 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:31.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.08		01:26.05	
	00:40.08		00:45.97		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 15:27
Heat: 8/9 Lane : 2 Athlete: GUISET JELLE					Q-time: 01:27:19
PB (25m pool): 01:27.19 Gent 23/02/2025					PB (50m pool): 01:30.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.10		01:27.19	
	00:41.10		00:46.09		
					

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 15:29
Heat: 9/9 Lane : 7 Athlete: VANDERBEKE HASSE					Q-time: 01:23:15
PB (25m pool): 01:23.15 Sinbad 12/01/2025					PB (50m pool): 01:25.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.21		01:23.15	
	00:39.21		00:43.94		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:32
Heat: 1/7 Lane : 1 Athlete: CHERRETTÉ BALDER					Q-time: 99:99:99
PB (25m pool): 01:22.56 Sinbad 29/12/2024					PB (50m pool): 01:27.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.46		01:22.56	
	00:39.46		00:43.10		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 16:23
Heat: 8/8 Lane : 8 Athlete: DE WOLF TINE					Q-time: 01:15:08
PB (25m pool): 01:14.02 Arendonk 04/06/2023					PB (50m pool): 01:15.62 SB: 01:15.71 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.02	
	no time				
					

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 16:38
Heat: 1/4 Lane : 3 Athlete: DE DONDER FLORE					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:

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Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 16:42
Heat: 3/4 Lane : 1 Athlete: KOLICHEVA KATALEYA					Q-time: 01:27:51
PB (25m pool): 01:27.51 T ROSCO 12/10/2025					PB (50m pool): 01:28.83 SB: 01:27.51 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.60		01:27.51	
	00:41.60		00:45.91		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 16:44
Heat: 4/4 Lane : 2 Athlete: WACHTELAER CHARLOT					Q-time: 01:15:85
PB (25m pool): 01:15.85 Sinbad 16/03/2025					PB (50m pool): 01:18.57 SB: 01:16.64 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:15.85	
	00:34.75		00:41.10		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 16:44
Heat: 4/4 Lane : 4 Athlete: VANDERBEKE HASSE					Q-time: 01:09:19
PB (25m pool): 01:09.19 Gent 23/02/2025					PB (50m pool): 01:09.53 SB: 01:09.80 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.95		01:09.19	
	00:31.95		00:37.24		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 16:46
Heat: 1/3 Lane : 7 Athlete: KEYMEULEN ALBERT					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:

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Event number: 11: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 16:51
Heat: 3/3 Lane : 3 Athlete: CHERRETTÉ BALDER					Q-time: 01:06:06
PB (25m pool): 01:06.06 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:06.24 SB: 01:06.06 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.76		01:06.06	
	00:30.76		00:35.30		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 17:05
Heat: 7/11 Lane : 1 Athlete: MAES HANNE					Q-time: 01:11:48
PB (25m pool): 01:11.48 Temse 17/11/2025			PB (50m pool): 01:14.56 SB: 01:11.48 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.19		01:11.48	
	00:34.19		00:37.29		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 17:08
Heat: 9/11 Lane : 7 Athlete: MEGANCK LIO					Q-time: 01:08:57
PB (25m pool): 01:08.57 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:10.83 SB: 01:08.57 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.75		01:08.57	
	00:32.75		00:35.82		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 17:10
Heat: 10/11 Lane : 7 Athlete: BOTERBERGH LIEKE					Q-time: 01:06:36
PB (25m pool): 01:06.36 Dendermonde 22/11/2025			PB (50m pool): 01:08.16 SB: 01:06.36 Dendermonde 22/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.16		01:06.36	
	00:31.16		00:35.20		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 17:11
Heat: 11/11 Lane : 7 Athlete: GUISSET JELLE					Q-time: 01:02:66
PB (25m pool): 01:02.42 Sinbad 23/07/2024					PB (50m pool): 01:03.24 SB: 01:02.69 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.42	
	no time				
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:5, starttime: 17:21
Heat: 5/10 Lane : 5 Athlete: MARIUS MATTIS					Q-time: 01:10:38
PB (25m pool): 01:10.38 Temse 17/11/2025					PB (50m pool): 01:12.72 SB: 01:10.38 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.80		01:10.38	
	00:33.80		00:36.58		
					

Coach feedback: