

PK 50m bad: Session: 1: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahn Müller Jana HEADCOACH

Coaches: Bahn Müller Michael

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 1 Athlete: DE DONDER FLORE			Q-time: 01:53:16
PB (50m pool): 01:53.74 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:53.16 SB: no time			
	5 0 M	1 0 0 M	
PB	00:55.01	01:53.74	
	00:55.01	00:58.73	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 13:48
Heat: 9/11 Lane : 1 Athlete: KOLICHEVA KATALEYA			Q-time: 01:29:88
PB (50m pool): 01:32.90 Antwerpen 20/07/2025 PB (25m pool): 01:29.88 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.30	01:32.90	
	00:45.30	00:47.60	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:1, starttime: 13:55
Heat: 1/7 Lane : 2 Athlete: SORGELOOS VINCENT			Q-time: 01:41:66
PB (50m pool): 01:41.66 Antwerp 26/01/2025 PB (25m pool): 01:41.14 SB: no time			
	5 0 M	1 0 0 M	
PB	00:48.92	01:41.66	
	00:48.92	00:52.74	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 13:57
Heat: 2/7 Lane : 3 Athlete: MARIUS MATTIS			Q-time: 01:30:64
PB (50m pool): 01:32.24 Antwerpen 20/07/2025			PB (25m pool): 01:30.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.62	01:32.24	
	00:43.62	00:48.62	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 14:12
Heat: 3/7 Lane : 6 Athlete: BOTERBERGH LIEKE			Q-time: 00:37:06
PB (50m pool): 00:40.74 Aalst 28/04/2024			PB (25m pool): 00:37.06 SB: no time
	5 0 M		
PB	00:40.74		
	00:40.74		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 14:14
Heat: 4/7 Lane : 1 Athlete: MAES HANNE			Q-time: 00:36:42
PB (50m pool): 00:39.04 Antwerpen 20/04/2025			PB (25m pool): 00:36.42 SB: no time
	5 0 M		
PB	00:39.04		
	00:39.04		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 14:16
Heat: 5/7 Lane : 3 Athlete: WACHTELAER CHARLOT			Q-time: 00:34:47
PB (50m pool): 00:34.89 Aalst 28/06/2025			PB (25m pool): 00:34.47 SB: no time
	5 0 M		
PB	00:34.89		
	00:34.89		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 14:16
Heat: 5/7 Lane : 8 Athlete: DE WOLF TINE		Q-time: 00:34:70
PB (50m pool): 00:34.59 Antwerpen 21/04/2024 PB (25m pool): 00:34.15 SB: no time		
	5 0 M	
PB	00:34.59	
	00:34.59	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 14:17
Heat: 6/7 Lane : 5 Athlete: GUISET JELLE		Q-time: 00:33:28
PB (50m pool): 00:34.41 Aalst 11/05/2025 PB (25m pool): 00:33.28 SB: no time		
	5 0 M	
PB	00:34.41	
	00:34.41	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 14:30
Heat: 2/12 Lane : 3 Athlete: DE DONDER FLORE		Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 14:36
Heat: 7/12 Lane : 4 Athlete: KOLICHEVA KATALEYA		Q-time: 00:38:76
PB (50m pool): no time PB (25m pool): 00:38.76 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+							Heat:10, starttime: 14:40		
Heat: 10/12 Lane : 4 Athlete: WACHTELAER CHARLOT							Q-time: 00:33:50		
PB (50m pool): 00:33.50 Antwerpen 13/07/2025							PB (25m pool): 00:33.55 SB: no time		
	5 0 M								
PB	00:33.50								
	00:33.50								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:12, starttime: 14:42	
Heat: 12/12 Lane : 7 Athlete: VANDERBEKE HASSE										Q-time: 00:30:62	
PB (50m pool): 00:30.90 Antwerpen 27/07/2025										PB (25m pool): 00:30.62SB: no time	
	5 0 M										
PB	00:30.90										
	00:30.90										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:6, starttime: 14:49	
Heat: 6/7 Lane : 4 Athlete: WACHTELAER CELLE										Q-time: 00:28:25	
PB (50m pool): 00:28.95 Aalst 11/05/2025										PB (25m pool): 00:28.25SB: no time	
PB	5 0 M										
	00:28.95										
	00:28.95										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:5, starttime: 15:17		
Heat: 5/6 Lane : 4 Athlete: DE WOLF TINE						Q-time: 04:51:97		
PB (50m pool): 04:58.27 Antwerpen 20/04/2025						PB (25m pool): 04:51.97 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	00:33.71	01:10.99	01:48.99	02:27.01	03:04.94	03:42.96	04:21.14	04:58.27
	00:33.71	00:37.28	00:38.00	00:38.02	00:37.93	00:38.02	00:38.18	00:37.13
								

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 6 Athlete: GUISET JELLE							Q-time: 04:43:24	
PB (50m pool): 04:43.66 Antwerp 09/02/2025				PB (25m pool): 04:42.38SB: 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	00:31.47	01:07.10	01:44.22	02:20.39	02:57.59	03:33.69	04:09.58	04:43.66
	00:31.47	00:35.63	00:37.12	00:36.17	00:37.20	00:36.10	00:35.89	00:34.08
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 7 Athlete: VANDERBEKE HASSE							Q-time: 04:46:35	
PB (50m pool): 04:46.35 Antwerpen 27/07/2025				PB (25m pool): 04:51.99SB: 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	00:31.97	01:06.81	01:43.07	02:20.01	02:57.28	03:34.44	04:11.58	04:46.35
	00:31.97	00:34.84	00:36.26	00:36.94	00:37.27	00:37.16	00:37.14	00:34.77
								

Coach feedback: