

PK 50m bad: Session: 2: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12				Heat:2, starttime: 18:03
Heat: 2/5 Lane : 6 Athlete: DE DONDER FLORE				Q-time: 01:41:30
PB (50m pool): no time		PB (25m pool): 01:41.30 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12				Heat:5, starttime: 18:11
Heat: 5/5 Lane : 3 Athlete: KOLICHEVA KATALEYA				Q-time: 01:20:74
PB (50m pool): 01:26.90 Antwerpen 20/07/2025		PB (25m pool): 01:20.74 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	01:26.90		
	no time			
				

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 18:13
Heat: 1/1 Lane : 2 Athlete: WACHTELAER CELLE					Q-time: 02:39:25
PB (50m pool): 02:56.21 Antwerpen 20/04/2025			PB (25m pool): 02:39.25 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.72	01:19.99	02:07.28	02:56.21	
	00:34.72	00:45.27	00:47.29	00:48.93	
					

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 18:29
Heat: 3/11 Lane : 7 Athlete: MARIUS MATTIS			Q-time: 01:10:38
PB (50m pool): 01:12.72 Antwerpen 20/07/2025			PB (25m pool): 01:10.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.31	01:12.72	
	00:35.31	00:37.41	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 4 Athlete: WACHTELAER CELLE			Q-time: 00:57:69
PB (50m pool): 00:59.43 Antwerpen 20/07/2025			PB (25m pool): 00:57.69 SB: 01:00.05 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:29.07	00:59.43	
	00:29.07	00:30.36	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 5 Athlete: DE DONDER FLORE			Q-time: 01:23:61
PB (50m pool): 01:29.86 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:23.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.93	01:29.86	
	00:41.93	00:47.93	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 2 Athlete: MAES HANNE			Q-time: 01:11:48
PB (50m pool): 01:14.56 MOUSCRON 29/05/2025			PB (25m pool): 01:11.48 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.49	01:14.56	
	00:35.49	00:39.07	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 8 Athlete: KOLICHEVA KATALEYA			Q-time: 01:09:06
PB (50m pool): 01:11.52 Antwerpen 20/07/2025			PB (25m pool): 01:09.06 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.50	01:11.52	
	00:35.50	00:36.02	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 19:02
Heat: 11/15 Lane : 3 Athlete: BOTERBERGH LIEKE			Q-time: 01:06:36
PB (50m pool): 01:08.16 Antwerpen 13/07/2025			PB (25m pool): 01:06.36 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.31	01:08.16	
	00:33.31	00:34.85	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 19:06
Heat: 14/15 Lane : 2 Athlete: GUISET JELLE			Q-time: 01:02:66
PB (50m pool): 01:03.24 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:02.42 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.43	01:03.24	
	00:30.43	00:32.81	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 19:06
Heat: 14/15 Lane : 4 Athlete: VANDERBEKE HASSE			Q-time: 01:01:91
PB (50m pool): 01:03.39 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:01.91 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.92	01:03.39	
	00:30.92	00:32.47	
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:3, starttime: 19:13	
Heat: 3/7 Lane : 5 Athlete: MARIUS MATTIS										Q-time: 00:40:24	
PB (50m pool): 00:42.63 Aalst 11/05/2025										PB (25m pool): 00:40.24 SB: no time	
	5 0 M										
PB	00:42.63										
	00:42.63										
											

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:6, starttime: 19:16	
Heat: 6/7 Lane : 1 Athlete: CHERRETTé BALDER										Q-time: 00:35:75	
PB (50m pool): no time										PB (25m pool): 00:35.75 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:4, starttime: 19:23	
Heat: 4/4 Lane : 5 Athlete: VANDERBEKE HASSE										Q-time: 00:36:60	
PB (50m pool): 00:37.29 Antwerpen 27/07/2025										PB (25m pool): 00:36.60SB: no time	
	5 0 M										
PB	00:37.29										
	00:37.29										
											

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+						Heat:1, starttime: 19:24		
Heat: 1/1 Lane : 5 Athlete: CHERRETTé BALDER						Q-time: 05:11:62		
PB (50m pool): 05:11.62 Antwerpen 27/07/2025						PB (25m pool): 05:19.57 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	00:33.21	01:12.49	01:54.19	02:32.66	03:18.23	04:05.79	04:39.40	05:11.62
	00:33.21	00:39.28	00:41.70	00:38.47	00:45.57	00:47.56	00:33.61	00:32.22
								

Coach feedback: