

PK 50m bad: Session: 3: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 09:00 untill 09:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahnmüller Jana HEADCOACH

Coaches: Bahnmüller Michael

PB => Personal Best time

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

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:1, starttime: 10:00
Heat: 1/6 Lane : 4 Athlete: SORGELOOS VINCENT			Q-time: 01:34:70
PB (50m pool): 01:34.70 Antwerp 26/01/2025			PB (25m pool): 01:41.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.14	01:34.70	
	00:46.14	00:48.56	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 10:10
Heat: 6/6 Lane : 1 Athlete: WACHTELAER CELLE			Q-time: 01:03:31
PB (50m pool): 01:05.75 Antwerpen 20/07/2025			PB (25m pool): 01:03.31 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.20	01:05.75	
	00:32.20	00:33.55	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 10:10
Heat: 6/6 Lane : 8 Athlete: CHERRETTé BALDER			Q-time: 01:06:24
PB (50m pool): 01:06.24 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:04.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.20	01:06.24	
	00:31.20	00:35.04	
			

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 10:33
Heat: 3/7 Lane : 8 Athlete: MAES HANNE					Q-time: 02:58:26
PB (50m pool): 02:58.26 Antwerpen 20/04/2025					PB (25m pool): 02:57.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.75	01:28.97	02:15.11	02:58.26	
	00:42.75	00:46.22	00:46.14	00:43.15	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 10:37
Heat: 4/7 Lane : 4 Athlete: BOTERBERGH LIEKE					Q-time: 02:46:13
PB (50m pool): 02:51.39 Antwerpen 13/07/2025					PB (25m pool): 02:46.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.52	01:25.91	02:10.24	02:51.39	
	00:41.52	00:44.39	00:44.33	00:41.15	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 10:41
Heat: 5/7 Lane : 6 Athlete: WACHTELAER CHARLOT					Q-time: 02:40:17
PB (50m pool): 02:47.32 Antwerpen 13/07/2025					PB (25m pool): 02:40.17 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.70	01:20.12	02:04.27	02:47.32	
	00:37.70	00:42.42	00:44.15	00:43.05	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 4 Athlete: GUISET JELLE					Q-time: 02:33:84
PB (50m pool): 02:35.78 Antwerpen 21/07/2024					PB (25m pool): 02:33.84 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	02:35.78	
	no time				
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 7 Athlete: DE WOLF TINE					Q-time: 02:37:62
PB (50m pool): 02:44.21 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:37.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.61	01:20.13	02:02.90	02:44.21	
	00:38.61	00:41.52	00:42.77	00:41.31	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 11:07
Heat: 5/5 Lane : 8 Athlete: CHERRETTÉ BALDER					Q-time: 02:26:60
PB (50m pool): 02:26.60 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:24.73 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.82	01:13.94	01:51.82	02:26.60	
	00:35.82	00:38.12	00:37.88	00:34.78	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 5 Athlete: MAES HANNE					Q-time: 02:43:69
PB (50m pool): 02:48.15 Antwerpen 13/07/2025 PB (25m pool): 02:43.69 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.10	01:22.12	02:06.25	02:48.15	
	00:38.10	00:44.02	00:44.13	00:41.90	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:30
Heat: 5/8 Lane : 6 Athlete: BOTERBERGH LIEKE					Q-time: 02:26:00
PB (50m pool): 02:30.64 Aalst 20/12/2025 PB (25m pool): 02:26.00 SB: 02:30.64 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.89	01:13.79	01:52.93	02:30.64	
	00:34.89	00:38.90	00:39.14	00:37.71	
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:33
Heat: 6/8 Lane : 7 Athlete: DE WOLF TINE					Q-time: 02:23:10
PB (50m pool): 02:27.08 Antwerpen 20/04/2025					PB (25m pool): 02:21.93 SB: 02:28.79 Aalst 20/12/2025
	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: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:33
Heat: 6/8 Lane : 8 Athlete: WACHTELAER CHARLOT					Q-time: 02:23:83
PB (50m pool): 02:26.25 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:22.34 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	02:26.25	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:46
Heat: 2/8 Lane : 8 Athlete: MARIUS MATTIS					Q-time: 02:45:08
PB (50m pool): 02:58.82 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:45.08 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	02:58.82	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 12:03
Heat: 8/8 Lane : 7 Athlete: WACHTELAER CELLE					Q-time: 02:05:42
PB (50m pool): 02:07.46 Aalst 20/12/2025					PB (25m pool): 02:05.42 SB: 02:07.46 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.62	01:01.82	01:35.27	02:07.46	
	00:29.62	00:32.20	00:33.45	00:32.19	
					

Coach feedback: