

PK 50m bad: Session: 4: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 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: 31: 50M FREESTYLE MEN 13+		Heat:2, starttime: 14:09
Heat: 2/8 Lane : 7 Athlete: SORGELOOS VINCENT		Q-time: 00:35:44
PB (50m pool): no time		PB (25m pool): 00:35.44 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:3, starttime: 14:10
Heat: 3/8 Lane : 4 Athlete: MARIUS MATTIS		Q-time: 00:30:78
PB (50m pool): 00:32.25 Antwerpen 20/04/2025		PB (25m pool): 00:30.78 SB: no time
	5 0 M	
PB	00:32.25	
	00:32.25	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:14
Heat: 7/8 Lane : 3 Athlete: WACHTELAER CELLE		Q-time: 00:26:83
PB (50m pool): 00:27.95 MOUSCRON 29/05/2025		PB (25m pool): 00:26.83 SB: no time
	5 0 M	
PB	00:27.95	
	00:27.95	
		

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:14
Heat: 7/8 Lane : 6 Athlete: CHERRETTÉ BALDER		Q-time: 00:26:98
PB (50m pool): 00:27.61 MOUSCRON 29/05/2025 PB (25m pool): 00:26.98 SB: no time		
	5 0 M	
PB	00:27.61	
	00:27.61	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:20
Heat: 4/10 Lane : 6 Athlete: MAES HANNE		Q-time: 00:33:19
PB (50m pool): 00:34.08 Antwerpen 20/04/2025 PB (25m pool): 00:33.19 SB: no time		
	5 0 M	
PB	00:34.08	
	00:34.08	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:5, starttime: 14:21
Heat: 5/10 Lane : 6 Athlete: DE WOLF TINE		Q-time: 00:32:51
PB (50m pool): 00:32.45 Aalst 30/04/2023 PB (25m pool): 00:31.55 SB: no time		
	5 0 M	
PB	00:32.45	
	00:32.45	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:7, starttime: 14:23
Heat: 7/10 Lane : 7 Athlete: BOTERBERGH LIEKE		Q-time: 00:30:95
PB (50m pool): 00:30.95 Aalst 28/06/2025 PB (25m pool): 00:31.01 SB: no time		
	5 0 M	
PB	00:30.95	
	00:30.95	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:8, starttime: 14:24	
Heat: 8/10 Lane : 6 Athlete: WACHTELAER CHARLOT				Q-time: 00:30:09	
PB (50m pool): 00:31.29 MOUSCRON 29/05/2025				PB (25m pool): 00:30.09 SB: no time	
	5 0 M				
PB	00:31.29				
	00:31.29				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:9, starttime: 14:25	
Heat: 9/10 Lane : 4 Athlete: GUISET JELLE				Q-time: 00:28:74	
PB (50m pool): 00:29.61 Antwerpen 20/04/2025				PB (25m pool): 00:28.74 SB: no time	
	5 0 M				
PB	00:29.61				
	00:29.61				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 14:26	
Heat: 10/10 Lane : 6 Athlete: VANDERBEKE HASSE				Q-time: 00:28:08	
PB (50m pool): 00:28.59 Antwerpen 27/07/2025				PB (25m pool): 00:28.08 SB: no time	
	5 0 M				
PB	00:28.59				
	00:28.59				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 14:28	
Heat: 1/4 Lane : 6 Athlete: MARIUS MATTIS					Q-time: 03:27:11	
PB (50m pool): 03:27.11 Aalst 20/12/2025					PB (25m pool): 03:27.49 SB: 03:27.11 Aalst 20/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:46.59	01:40.16	02:34.19	03:27.11		
	00:46.59	00:53.57	00:54.03	00:52.92		
						

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:4, starttime: 15:22
Heat: 4/9 Lane : 3 Athlete: VANDERBEKE HASSE			Q-time: 01:18:99
PB (50m pool): 01:18.99 Aalst 28/06/2025			PB (25m pool): 01:18.79 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.62	01:18.99	
	00:39.62	00:39.37	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:4, starttime: 15:22
Heat: 4/9 Lane : 4 Athlete: BOTERBERGH LIEKE			Q-time: 01:18:71
PB (50m pool): 01:19.10 Antwerpen 13/07/2025			PB (25m pool): 01:18.71 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.71	01:19.10	
	00:39.71	00:39.39	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 15:24
Heat: 5/9 Lane : 6 Athlete: MAES HANNE			Q-time: 01:17:13
PB (50m pool): 01:19.76 Aalst 20/12/2025			PB (25m pool): 01:17.13 SB: 01:19.76 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:40.15	01:19.76	
	00:40.15	00:39.61	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:6, starttime: 15:27
Heat: 6/9 Lane : 2 Athlete: DE WOLF TINE			Q-time: 01:14:99
PB (50m pool): 01:15.62 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:14.02 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:15.62	
	no time		
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:7, starttime: 15:29	
Heat: 7/9 Lane : 8 Athlete: WACHTELAER CHARLOT				Q-time: 01:14:15	
PB (50m pool): 01:16.33 Aalst 20/12/2025				PB (25m pool): 01:14.15 SB: 01:16.33 Aalst 20/12/2025	
	5 0 M	1 0 0 M			
PB	00:37.06	01:16.33			
	00:37.06	00:39.27			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:8, starttime: 15:31	
Heat: 8/9 Lane : 6 Athlete: GUISET JELLE				Q-time: 01:11:54	
PB (50m pool): 01:13.12 Antwerpen 27/07/2025				PB (25m pool): 01:11.54 SB: no time	
	5 0 M	1 0 0 M			
PB	00:35.13	01:13.12			
	00:35.13	00:37.99			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:1, starttime: 15:36	
Heat: 1/6 Lane : 3 Athlete: SORGELOOS VINCENT					Q-time: 03:10:25	
PB (50m pool): 03:10.25 Antwerp 26/01/2025					PB (25m pool): 03:10.31 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:45.16	01:32.85	02:28.34	03:10.25		
	00:45.16	00:47.69	00:55.49	00:41.91		
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:6, starttime: 15:52	
Heat: 6/6 Lane : 7 Athlete: CHERRETTé BALDER					Q-time: 02:20:79	
PB (50m pool): 02:27.81 MOUSCRON 29/05/2025					PB (25m pool): 02:20.79 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.03	01:09.64	01:55.50	02:27.81		
	00:31.03	00:38.61	00:45.86	00:32.31		
						

Coach feedback: