

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:30 untill 14:15. 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: 9: 400M FREESTYLE MEN 10-9 Heat:2, starttime: 14:35

Heat: 2/3 Lane : 1 Athlete: SICLITARU ALEXANDER Q-time: 99:99:99

PB (50m pool): no time				PB (25m pool): no time 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 10-9 Heat:3, starttime: 14:45

Heat: 3/3 Lane : 8 Athlete: KOLICHEVA PAOLINE Q-time: 99:99:99

PB (50m pool): no time				PB (25m pool): no time 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-14 Heat:3, starttime: 15:05

Heat: 3/5 Lane : 2 Athlete: SORGELOOS VINCENT Q-time: 05:44:71

PB (50m pool): 05:44.71 Antwerp 26/01/2025				PB (25m pool): 05:47.38 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	00:39.94	01:23.64	02:08.74	02:53.74	03:38.00	04:21.84	05:05.12	05:44.71
	00:39.94	00:43.70	00:45.10	00:45.00	00:44.26	00:43.84	00:43.28	00:39.59
								

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:2, starttime: 15:25
Heat: 2/13 Lane : 0 Athlete: MEGANCK LIO			Q-time: 99:99:99
PB (50m pool): 01:36.00 Aalst 22/06/2024			PB (25m pool): 01:23.75 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:36.00	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:8, starttime: 15:40
Heat: 8/13 Lane : 0 Athlete: BOTERBERGH LIEKE			Q-time: 01:21:37
PB (50m pool): 01:21.37 Antwerpen 13/07/2025			PB (25m pool): 01:19.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.54	01:21.37	
	00:37.54	00:43.83	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:9, starttime: 15:40
Heat: 9/13 Lane : 4 Athlete: WACHTELAER CHARLOT			Q-time: 01:18:57
PB (50m pool): 01:18.57 Antwerpen 13/07/2025			PB (25m pool): 01:15.85 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.22	01:18.57	
	00:36.22	00:42.35	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:12, starttime: 15:45
Heat: 12/13 Lane : 9 Athlete: GUISSET JELLE			Q-time: 01:13:04
PB (50m pool): 01:13.04 Aalst 20/12/2025			PB (25m pool): 01:09.86 SB: 01:13.04 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:33.21	01:13.04	
	00:33.21	00:39.83	
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:4, starttime: 15:55
Heat: 4/17 Lane : 5 Athlete: KEYMEULEN ALBERT			Q-time: 02:04:62
PB (50m pool): 02:04.62 MOUSCRON 29/05/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:59.56	02:04.62	
	00:59.56	01:05.06	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:15, starttime: 16:20
Heat: 15/17 Lane : 2 Athlete: WACHTELAER CELLE			Q-time: 01:20:96
PB (50m pool): 01:20.96 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:21.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.33	01:20.96	
	00:37.33	00:43.63	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:1, starttime: 16:25
Heat: 1/20 Lane : 1 Athlete: WACHTELAER CHARLOT			Q-time: 99:99:99
PB (50m pool): 01:08.70 Lago Gent Rozebroeken 07/05/2023			PB (25m pool): 01:05.14 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:08.70	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:3, starttime: 16:30
Heat: 3/20 Lane : 7 Athlete: DE DONDER FLORE			Q-time: 01:29:86
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:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:12, starttime: 16:45
Heat: 12/20 Lane : 8 Athlete: KOLICHEVA KATALEYA			Q-time: 01:11:52
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: 13: 100M FREESTYLE WOMEN 11-16			Heat:13, starttime: 16:50
Heat: 13/20 Lane : 0 Athlete: MEGANCK LIO			Q-time: 01:10:83
PB (50m pool): 01:10.83 Antwerpen 13/07/2025			PB (25m pool): 01:08.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.86	01:10.83	
	00:33.86	00:36.97	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:18, starttime: 16:55
Heat: 18/20 Lane : 6 Athlete: MAES NOOR			Q-time: 01:04:35
PB (50m pool): 01:04.35 Antwerpen 20/07/2025			PB (25m pool): 01:03.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.79	01:04.35	
	00:30.79	00:33.56	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:3, starttime: 17:05
Heat: 3/18 Lane : 5 Athlete: KEYMEULEN ALBERT			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:34.07 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: AST

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:7, starttime: 17:15
Heat: 7/18 Lane : 1 Athlete: SORGELOOS VINCENT				Q-time: 01:29:37
PB (50m pool): 01:29.37 Antwerp 26/01/2025		PB (25m pool): 01:25.38 SB: no time		
	5 0 M	1 0 0 M		
PB	00:44.06	01:29.37		
	00:44.06	00:45.31		
				

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:6, starttime: 18:00
Heat: 6/12 Lane : 3 Athlete: DE DONDER FLORE					Q-time: 03:18:50
PB (50m pool): 03:18.50 Aalst 20/12/2025		PB (25m pool): 03:22.98 SB: 03:18.50 Aalst 20/12/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.56	01:37.68	02:32.51	03:18.50	
	00:44.56	00:53.12	00:54.83	00:45.99	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:9, starttime: 18:15
Heat: 9/12 Lane : 5 Athlete: MAES HANNE					Q-time: 03:00:03
PB (50m pool): 03:00.03 Aalst 20/12/2025		PB (25m pool): 03:00.79 SB: 03:00.03 Aalst 20/12/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.38	01:23.48	02:20.59	03:00.03	
	00:38.38	00:45.10	00:57.11	00:39.44	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:9, starttime: 18:15
Heat: 9/12 Lane : 7 Athlete: KOLICHEVA KATALEYA					Q-time: 03:02:85
PB (50m pool): 03:02.85 Antwerpen 20/07/2025		PB (25m pool): 02:59.93 SB: 03:04.28 Aalst 20/12/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.33	01:27.93	02:23.75	03:02.85	
	00:40.33	00:47.60	00:55.82	00:39.10	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:10, starttime: 18:15
Heat: 10/12 Lane : 2 Athlete: BOTERBERGH LIEKE					Q-time: 02:58:29
PB (50m pool): 02:58.29 Antwerpen 13/07/2025					PB (25m pool): 02:57.76 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.72	01:22.21	02:20.79	02:58.29	
	00:36.72	00:45.49	00:58.58	00:37.50	
					

Coach feedback: