

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Bahn Müller Michael

Coaches: Bahn Müller Jana HEADCOACH

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+ Heat:5, starttime: 09:25

Heat: 5/5 Lane : 8 Athlete: CHERRETTÉ BALDER Q-time: 04:24:66

PB (50m pool): 04:24.66 Antwerpen 27/07/2025 PB (25m pool): 04:20.20 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	00:29.43	01:02.22	01:35.84	02:09.97	02:43.98	03:18.50	03:52.22	04:24.66
	00:29.43	00:32.79	00:33.62	00:34.13	00:34.01	00:34.52	00:33.72	00:32.44
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+ Heat:5, starttime: 09:40

Heat: 5/11 Lane : 2 Athlete: BOTERBERGH LIEKE Q-time: 02:30:64

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:

Event number: 17: 200M FREESTYLE WOMEN 13+ Heat:6, starttime: 09:45

Heat: 6/11 Lane : 4 Athlete: WACHTELAER CHARLOT Q-time: 02:26:58

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:

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: AST

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 4 Athlete: VANDERBEKE HASSE					Q-time: 02:16:44
PB (50m pool): 02:16.44 Antwerpen 27/07/2025					PB (25m pool): 02:15.24 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.36	01:05.72	01:41.66	02:16.44	
	00:31.36	00:34.36	00:35.94	00:34.78	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 09:55
Heat: 10/11 Lane : 1 Athlete: GUISSSET JELLE					Q-time: 02:15:33
PB (50m pool): 02:15.33 Antwerpen 20/04/2025					PB (25m pool): 02:14.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.19	01:05.36	01:40.01	02:15.33	
	00:31.19	00:34.17	00:34.65	00:35.32	
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 10:20		
Heat: 6/8 Lane : 5 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: 20: 50M BUTTERFLY MEN 13+			Heat:1, starttime: 10:20		
Heat: 1/12 Lane : 1 Athlete: SORGELOOS VINCENT			Q-time: 99:99:99		
PB (50m pool): 00:44.59 Aalst 28/04/2024			PB (25m pool): 00:40.82 SB: no time		
	5 0 M				
PB	00:44.59				
	00:44.59				
					

Coach feedback:

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: AST

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:8, starttime: 10:30
Heat: 8/12 Lane : 5 Athlete: CHERRETTÉ BALDER		Q-time: 00:29:88
PB (50m pool): 00:29.88 Antwerpen 20/04/2025 PB (25m pool): 00:29.93 SB: no time		
	5 0 M	
PB	00:29.88	
	00:29.88	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:10, starttime: 10:30
Heat: 10/12 Lane : 6 Athlete: WACHTELAER CELLE		Q-time: 00:28:95
PB (50m pool): 00:28.95 Aalst 11/05/2025 PB (25m pool): 00:28.25 SB: no time		
	5 0 M	
PB	00:28.95	
	00:28.95	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 10:35
Heat: 3/11 Lane : 4 Athlete: MAES HANNE		Q-time: 00:34:08
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: 21: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 10:40
Heat: 6/11 Lane : 6 Athlete: WACHTELAER CHARLOT		Q-time: 00:31:29
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:

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: AST

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:7, starttime: 10:40	
Heat: 7/11 Lane : 0 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:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:9, starttime: 10:40	
Heat: 9/11 Lane : 3 Athlete: GUISET JELLE							Q-time: 00:29:61	
PB (50m pool): 00:29.61 Antwerpen 20/04/2025							PB (25m pool): 00:28.74SB: no time	
	5 0 M							
PB	00:29.61							
	00:29.61							
								

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+					Heat:9, starttime: 10:40	
Heat: 9/11 Lane : 4 Athlete: MAES NOOR					Q-time: 00:29:35	
PB (50m pool): 00:29.35 MOUSCRON 29/05/2025					PB (25m pool): 00:28.50 SB: no time	
	5 0 M					
PB	00:29.35					
	00:29.35					
						

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00	
Heat: 3/5 Lane : 2 Athlete: DE WOLF TINE					Q-time: 02:48:36	
PB (50m pool): 02:48.36 Aalst 28/06/2025					PB (25m pool): 02:45.86 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.75	01:19.20	02:09.95	02:48.36		
	00:35.75	00:43.45	00:50.75	00:38.41		
						

Coach feedback:

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: AST

Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:2, starttime: 11:20	
Heat: 2/3 Lane : 4 Athlete: VANDERBEKE HASSE				Q-time: 01:25:28	
PB (50m pool): 01:25.28 Aalst 20/12/2025				PB (25m pool): 01:22.09 SB: 01:25.28 Aalst 20/12/2025	
	5 0 M	1 0 0 M			
PB	00:41.53	01:25.28			
	00:41.53	00:43.75			
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 11:25	
Heat: 1/8 Lane : 5 Athlete: SORGELOOS VINCENT					Q-time: 99:99:99	
PB (50m pool): 03:54.38 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 03:37.65 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	03:54.38		
	no time					
						

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20	
Heat: 7/7 Lane : 0 Athlete: MAES NOOR					Q-time: 02:37:35	
PB (50m pool): 02:37.35 Antwerpen 20/07/2025					PB (25m pool): 02:38.20 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.83	01:18.73	01:58.91	02:37.35		
	00:37.83	00:40.90	00:40.18	00:38.44		
						

Coach feedback: