

MEGA swim 26: Session: 4: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:30 untill 14:15. Teamleadmeeting @ 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: 30: 400M FREESTYLE WOMEN 15+ Heat:3, starttime: 14:40

Heat: 3/5 Lane : 0 Athlete: WACHTELAER CHARLOT Q-time: 05:13:33

PB (50m pool): 05:01.65 Antwerp 28/01/2024 PB (25m pool): 04:58.36 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	05:01.65
	no time							
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+ Heat:1, starttime: 15:00

Heat: 1/12 Lane : 4 Athlete: SORGELOOS VINCENT Q-time: 99:99:99

PB (50m pool): 02:49.09 Aalst 21/12/2024 PB (25m pool): 02:45.69 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.04	01:23.94	02:07.23	02:49.09	
	00:39.04	00:44.90	00:43.29	00:41.86	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+ Heat:6, starttime: 15:40

Heat: 6/9 Lane : 1 Athlete: DE WOLF TINE Q-time: 00:42:07

PB (50m pool): 00:42.07 Aalst 28/06/2025 PB (25m pool): 00:41.14 SB: no time

	5 0 M	
PB	00:42.07	
	00:42.07	
		

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:8, starttime: 15:45
Heat: 8/9 Lane : 3 Athlete: VANDERBEKE HASSE		Q-time: 00:37:29
PB (50m pool): 00:37.29 Antwerpen 27/07/2025 PB (25m pool): 00:36.60 SB: no time		
	5 0 M	
PB	00:37.29	
	00:37.29	
		

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 15:45
Heat: 2/7 Lane : 8 Athlete: SORGELOOS VINCENT		Q-time: 99:99:99
PB (50m pool): 00:44.51 Aalst 28/04/2024 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:44.51	
	00:44.51	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:6, starttime: 16:00
Heat: 6/14 Lane : 2 Athlete: MAES HANNE		Q-time: 00:36:97
PB (50m pool): 00:36.97 Antwerpen 20/04/2025 PB (25m pool): 00:34.76 SB: no time		
	5 0 M	
PB	00:36.97	
	00:36.97	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:10, starttime: 16:05
Heat: 10/14 Lane : 9 Athlete: WACHTELAER CHARLOT		Q-time: 00:33:50
PB (50m pool): 00:33.50 Antwerpen 13/07/2025 PB (25m pool): 00:33.55 SB: no time		
	5 0 M	
PB	00:33.50	
	00:33.50	
		

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:12, starttime: 16:05
Heat: 12/14 Lane : 2 Athlete: GUISSSET JELLE		Q-time: 00:31:99
PB (50m pool): 00:31.99 Antwerpen 27/07/2025 PB (25m pool): 00:32.11 SB: no time		
	5 0 M	
PB	00:31.99	
	00:31.99	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:13, starttime: 16:05
Heat: 13/14 Lane : 2 Athlete: VANDERBEKE HASSE		Q-time: 00:30:90
PB (50m pool): 00:30.90 Antwerpen 27/07/2025 PB (25m pool): 00:30.62 SB: no time		
	5 0 M	
PB	00:30.90	
	00:30.90	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:13, starttime: 16:05
Heat: 13/14 Lane : 9 Athlete: MAES NOOR		Q-time: 00:31:55
PB (50m pool): 00:31.55 Antwerpen 20/04/2025 PB (25m pool): 00:31.22 SB: no time		
	5 0 M	
PB	00:31.55	
	00:31.55	
		

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+		Heat:8, starttime: 16:15
Heat: 8/12 Lane : 6 Athlete: WACHTELAER CELLE		Q-time: 00:27:95
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: 35: 50M FREESTYLE MEN 13+				Heat:9, starttime: 16:15
Heat: 9/12 Lane : 1 Athlete: CHERRETTé BALDER				Q-time: 00:27:61
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: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 3 Athlete: CHERRETTé BALDER					Q-time: 02:27:81
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:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 16:45
Heat: 2/4 Lane : 8 Athlete: DE WOLF TINE			Q-time: 01:09:70
PB (50m pool): 01:08.20 Aalst 30/04/2023 PB (25m pool): 01:08.15 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:08.20	
	no time		
			

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+				Heat:1, starttime: 16:55
Heat: 1/7 Lane : 7 Athlete: BOTERBERGH LIEKE				Q-time: 99:99:99
PB (50m pool): 04:30.71 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 04:21.44 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	04:30.71
	no time			
				

Coach feedback:

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Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 17:15
Heat: 5/7 Lane : 1 Athlete: GUISSET JELLE					Q-time: 03:09:39
PB (50m pool): 03:09.39 MOUSCRON 29/05/2025 PB (25m pool): 03:06.76 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.54	01:32.65	02:20.89	03:09.39	
	00:43.54	00:49.11	00:48.24	00:48.50	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:7, starttime: 17:50
Heat: 7/7 Lane : 8 Athlete: WACHTELAER CELLE					Q-time: 02:24:92
PB (50m pool): 02:24.92 Antwerpen 20/07/2025 PB (25m pool): 02:24.44 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.84	01:11.16	01:49.54	02:24.92	
	00:33.84	00:37.32	00:38.38	00:35.38	
					

Coach feedback: