

Van Puymbrouck: Session: 2: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 12: 200M FREESTYLE MEN 11+

Heat:2, starttime: 14:23

Heat: 2/9 Lane : 6 Athlete: KEYMEULEN ALBERT

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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+

Heat:8, starttime: 14:43

Heat: 8/9 Lane : 5 Athlete: WACHTELAER CELLE

Q-time: 02:07:46

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:

Event number: 13: 200M FREESTYLE WOMEN 11+

Heat:7, starttime: 15:11

Heat: 7/9 Lane : 7 Athlete: BOTERBERGH LIEKE

Q-time: 02:29:51

PB (50m pool): 02:29.51 Gent 08/02/2026

PB (25m pool): 02:26.00 SB: 02:29.51 Gent 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.21	no time	02:29.51	
	no time				
					

Coach feedback:

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Event number: 14: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 15:20
Heat: 1/2 Lane : 4 Athlete: MARIUS MATTIS					Q-time: 99:99:99
PB (50m pool): 03:12.49 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): no time 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	03:12.49	
	no time				
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:37
Heat: 3/3 Lane : 2 Athlete: GUISET JELLE					Q-time: 02:36:50
PB (50m pool): 02:35.78 Antwerpen 21/07/2024 PB (25m pool): 02:33.84 SB: 02:41.63 Lochristi 01/02/2026					
	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:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:37
Heat: 3/3 Lane : 8 Athlete: DE WOLF TINE					Q-time: 02:44:21
PB (50m pool): 02:44.21 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:37.35 SB: 02:44.77 Lochristi 01/02/2026					
	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: 16: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:41
Heat: 1/3 Lane : 6 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:

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Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53
Heat: 1/2 Lane : 7 Athlete: DE DONDER FLORE					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 04:07.88 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	no time	
	no time				
					

Coach feedback:

Event number: 19: 200M BUTTERFLY WOMEN 11+					Heat:1, starttime: 16:05
Heat: 1/1 Lane : 5 Athlete: VANDERBEKE HASSE					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 02:37.17 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	no time	
	no time				
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:24
Heat: 1/3 Lane : 1 Athlete: SORGELOOS VINCENT					Q-time: 01:18:64
PB (50m pool): 01:13.85 Antwerpen 15/03/2026			PB (25m pool): 01:15.66 SB: 01:13.85 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:35.64	01:13.85			
	00:35.64	00:38.21			
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:24
Heat: 1/3 Lane : 2 Athlete: MARIUS MATTIS					Q-time: 01:10:16
PB (50m pool): 01:10.16 Lochristi 01/02/2026			PB (25m pool): 01:10.38 SB: 01:10.16 Lochristi 01/02/2026		
	5 0 M	1 0 0 M			
PB	no time	01:10.16			
	no time				
					

Coach feedback:

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Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 16:30
Heat: 1/4 Lane : 3 Athlete: DE DONDER FLORE			Q-time: 01:21:31
PB (50m pool): 01:21.31 Gent 08/02/2026			PB (25m pool): 01:23.61 SB: 01:21.31 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.90	01:21.31	
	00:38.90	00:42.41	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:35
Heat: 4/4 Lane : 3 Athlete: VANDERBEKE HASSE			Q-time: 01:03:34
PB (50m pool): 01:03.34 Lochristi 01/02/2026			PB (25m pool): 01:01.91 SB: 01:03.34 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.34	
	no time		
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:35
Heat: 4/4 Lane : 5 Athlete: GUISET JELLE			Q-time: 01:03:24
PB (50m pool): 01:03.24 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:02.42 SB: 01:05.30 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:30.43	01:03.24	
	00:30.43	00:32.81	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 16:40
Heat: 2/6 Lane : 1 Athlete: KEYMEULEN ALBERT			Q-time: 01:31:99
PB (50m pool): 01:29.06 Antwerpen 15/03/2026			PB (25m pool): 01:34.07 SB: 01:29.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.84	01:29.06	
	00:43.84	00:45.22	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 17:00
Heat: 4/4 Lane : 1 Athlete: BOTERBERGH LIEKE			Q-time: 01:19:10
PB (50m pool): 01:18.80 Antwerpen 15/03/2026			PB (25m pool): 01:18.71 SB: 01:18.80 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.80	01:18.80	
	00:38.80	00:40.00	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 1 Athlete: WACHTELAER CELLE			Q-time: 01:20:96
PB (50m pool): 01:20.96 Olympic Pool Wezenberg, Antwer 30/03/2026			PB (25m pool): 01:21.03 SB: 01:23.11 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.33	01:20.96	
	00:37.33	00:43.63	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 1 Athlete: DE WOLF TINE			Q-time: 01:33:51
PB (50m pool): 01:32.02 Antwerpen 15/03/2026			PB (25m pool): 01:29.69 SB: 01:32.02 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.11	01:32.02	
	00:43.11	00:48.91	
			

Coach feedback: