

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

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

Coaches: Mihaylova Polina

Coaches: Bahnmüller Jana HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:5, starttime: 09:06	
Heat: 5/8 Lane : 2 Athlete: MEGANCK LIO				Q-time: 00:34:74	
PB (50m pool): 00:34.74 Antwerpen 15/03/2026				PB (25m pool): 00:36.13 SB: 00:34.74 Antwerpen 15/03/2026	
	5 0 M				
PB	00:34.74				
	00:34.74				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:5, starttime: 09:06	
Heat: 5/8 Lane : 8 Athlete: MAES HANNE				Q-time: 00:35:77	
PB (50m pool): 00:35.77 Gent 08/02/2026				PB (25m pool): 00:34.76 SB: 00:35.77 Gent 08/02/2026	
	5 0 M				
PB	00:35.77				
	00:35.77				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:6, starttime: 09:07	
Heat: 6/8 Lane : 5 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: 00:31.66 Gent 08/02/2026	
	5 0 M				
PB	00:31.55				
	00:31.55				
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 1: 50M BUTTERFLY WOMEN 11+										Heat:6, starttime: 09:07																				
Heat: 6/8 Lane : 7 Athlete: BOTERBERGH LIEKE																				Q-time: 00:33:15										
PB (50m pool): 00:33.15 Antwerpen 15/03/2026										PB (25m pool): 00:33.77 SB: 00:33.15 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:33.15																													
	00:33.15																													
																														

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+										Heat:7, starttime: 09:08																				
Heat: 7/8 Lane : 4 Athlete: VANDERBEKE HASSE																				Q-time: 00:30:16										
PB (50m pool): 00:30.16 Antwerpen 22/03/2026										PB (25m pool): 00:30.62 SB: 00:30.16 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:30.16																													
	00:30.16																													
																														

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+										Heat:8, starttime: 09:09																				
Heat: 8/8 Lane : 3 Athlete: GUISET JELLE																				Q-time: 00:31:99										
PB (50m pool): 00:31.99 Antwerpen 27/07/2025										PB (25m pool): 00:32.11 SB: 00:32.15 Gent 08/02/2026																				
	5 0 M																													
PB	00:31.99																													
	00:31.99																													
																														

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 09:14			
Heat: 3/8 Lane : 5 Athlete: MARIUS MATTIS										Q-time: 00:35:33			
PB (50m pool): 00:35.33 Antwerpen 15/03/2026										PB (25m pool): 00:35.86 SB: 00:35.33 Antwerpen 15/03/2026			
	5 0 M												
PB	00:35.33												
	00:35.33												
													

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 09:19
Heat: 7/8 Lane : 6 Athlete: WACHTELAER CELLE			Q-time: 00:28:66
PB (50m pool): 00:28.66 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:28.25 SB: 00:28.66 Sportoase De Watermolen 29/03/2026			
	5 0 M		
PB	00:28.66		
	00:28.66		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 09:20
Heat: 8/8 Lane : 3 Athlete: CHERRETTé BALDER			Q-time: 00:28:45
PB (50m pool): 00:28.45 Antwerpen 08/03/2026 PB (25m pool): 00:29.93 SB: 00:28.45 Antwerpen 08/03/2026			
	5 0 M		
PB	00:28.45		
	00:28.45		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:1, starttime: 09:22
Heat: 1/8 Lane : 5 Athlete: KOLICHEVA KATALEYA			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 09:24
Heat: 2/8 Lane : 2 Athlete: DE DONDER FLORE			Q-time: 99:99:99
PB (50m pool): 00:52.67 Aalst 28/04/2024 PB (25m pool): no time SB: no time			
	5 0 M		
PB	00:52.67		
	00:52.67		
			

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 3: 50M BACKSTROKE WOMEN 11+							Heat:6, starttime: 09:31		
Heat: 6/8 Lane : 3 Athlete: MAES NOOR							Q-time: 00:33:42		
PB (50m pool): 00:33.42 Antwerpen 15/03/2026							PB (25m pool): 00:32.86 SB: 00:33.42 Antwerpen 15/03/2026		
	5 0 M								
PB	00:33.42								
	00:33.42								
									

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+							Heat:7, starttime: 09:32	
Heat: 7/8 Lane : 6 Athlete: GUISET JELLE							Q-time: 00:34:41	
PB (50m pool): 00:34.41 Aalst 11/05/2025							PB (25m pool): 00:33.28 SB: 00:35.48 Lochristi 01/02/2026	
	5 0 M							
PB	00:34.41							
	00:34.41							
								

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+						Heat:1, starttime: 09:36	
Heat: 1/5 Lane : 3 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: 6: 200M BREASTSTROKE MEN 11+				Heat:1, starttime: 09:54	
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:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 8 Athlete: DE DONDER FLORE					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: 7: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 10:15
Heat: 3/4 Lane : 1 Athlete: MAES HANNE					Q-time: 02:48:15
PB (50m pool): 02:48.15 Antwerpen 13/07/2025 PB (25m pool): 02:43.69 SB: 02:52.55 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.10	01:22.12	02:06.25	02:48.15	
	00:38.10	00:44.02	00:44.13	00:41.90	
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:18
Heat: 4/4 Lane : 4 Athlete: VANDERBEKE HASSE					Q-time: 02:15:98
PB (50m pool): 02:15.98 Gent 08/02/2026 PB (25m pool): 02:15.24 SB: 02:15.98 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:05.01	no time	02:15.98	
	no time				
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:18
Heat: 4/4 Lane : 6 Athlete: MAES NOOR					Q-time: 02:23:74
PB (50m pool): 02:23.74 Antwerpen 20/04/2025 PB (25m pool): 02:20.56 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:08.55	01:46.34	02:23.74	
	00:32.49	00:36.06	00:37.79	00:37.40	
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 10:44
Heat: 3/4 Lane : 2 Athlete: MEGANCK LIO					Q-time: 03:01:01
PB (50m pool): 03:01.01 Antwerpen 13/07/2025					PB (25m pool): 02:52.85 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.52	01:28.77	02:22.26	03:01.01	
	00:40.52	00:48.25	00:53.49	00:38.75	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 10:44
Heat: 3/4 Lane : 7 Athlete: KOLICHEVA KATALEYA					Q-time: 03:02:35
PB (50m pool): 03:02.35 Gent 08/02/2026					PB (25m pool): 02:59.93 SB: 03:02.35 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.56	01:28.23	02:23.03	03:02.35	
	00:40.56	00:47.67	00:54.80	00:39.32	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:56
Heat: 2/3 Lane : 2 Athlete: MARIUS MATTIS					Q-time: 02:54:61
PB (50m pool): 02:54.61 Aalst 28/06/2025					PB (25m pool): 02:55.34 SB: 02:56.60 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.11	01:23.54	02:16.87	02:54.61	
	00:38.11	00:45.43	00:53.33	00:37.74	
					

Coach feedback:

Event number: 13: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:08
Heat: 1/2 Lane : 3 Athlete: BOTERBERGH LIEKE					Q-time: 02:51:39
PB (50m pool): 02:51.39 Antwerpen 13/07/2025					PB (25m pool): 02:46.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.52	01:25.91	02:10.24	02:51.39	
	00:41.52	00:44.39	00:44.33	00:41.15	
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 13: 200M BACKSTROKE WOMEN 11+				Heat:2, starttime: 11:13	
Heat: 2/2 Lane : 7 Athlete: GUISSET 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: 14: 200M BACKSTROKE MEN 11+				Heat:2, starttime: 11:21	
Heat: 2/2 Lane : 6 Athlete: CHERRETTé BALDER				Q-time: 02:26:60	
PB (50m pool): 02:26.60 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 02:24.73 SB: 02:29.41 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.82	01:13.94	01:51.82	02:26.60	
	00:35.82	00:38.12	00:37.88	00:34.78	
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 11:30	
Heat: 4/5 Lane : 4 Athlete: VANDERBEKE HASSE				Q-time: 00:37:26	
PB (50m pool): 00:37.26 Gent 08/02/2026				PB (25m pool): 00:36.60 SB: 00:37.26 Gent 08/02/2026	
	5 0 M				
PB	00:37.26				
	00:37.26				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+				Heat:5, starttime: 11:31	
Heat: 5/5 Lane : 6 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: 00:42.80 Gent 08/02/2026	
	5 0 M				
PB	00:42.07				
	00:42.07				
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 16: 50M BREASTSTROKE MEN 11+										Heat:5, starttime: 11:39				
Heat: 5/5 Lane : 8 Athlete: SORGELOOS VINCENT										Q-time: 00:44:32				
PB (50m pool): 00:44.32 Antwerpen 15/03/2026										PB (25m pool): 00:46.82 SB: 00:44.32 Antwerpen 15/03/2026				
	5 0 M													
PB	00:44.32													
	00:44.32													
														

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:1, starttime: 11:41	
Heat: 1/9 Lane : 7 Athlete: KOLICHEVA KATALEYA						Q-time: 99:99:99	
PB (50m pool): no time						PB (25m pool): no time SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 11:42	
Heat: 2/9 Lane : 1 Athlete: DE DONDER FLORE					Q-time: 00:41:67	
PB (50m pool): 00:41.67 Aalst 11/05/2025					PB (25m pool): no time SB: no time	
	5 0 M					
PB	00:41.67					
	00:41.67					
						

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:45		
Heat: 4/9 Lane : 5 Athlete: MAES HANNE							Q-time: 00:33:13		
PB (50m pool): 00:33.13 Gent 08/02/2026							PB (25m pool): 00:33.19 SB: 00:33.13 Gent 08/02/2026		
	5 0 M								
PB	00:33.13								
	00:33.13								
									

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 17: 50M FREESTYLE WOMEN 11+										Heat:5, starttime: 11:46																				
Heat: 5/9 Lane : 6 Athlete: DE WOLF TINE																				Q-time: 00:32:16										
PB (50m pool): 00:32.16 Lochristi 01/02/2026										PB (25m pool): 00:31.55 SB: 00:32.16 Lochristi 01/02/2026																				
	5 0 M																													
PB	00:32.16																													
	00:32.16																													
																														

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+										Heat:6, starttime: 11:47									
Heat: 6/9 Lane : 6 Athlete: MEGANCK LIO										Q-time: 00:31:32									
PB (50m pool): 00:31.32 Antwerpen 15/03/2026										PB (25m pool): 00:34.58 SB: 00:31.32 Antwerpen 15/03/2026									
	5 0 M																		
PB	00:31.32																		
	00:31.32																		
																			

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+										Heat:9, starttime: 11:51									
Heat: 9/9 Lane : 2 Athlete: BOTERBERGH LIEKE										Q-time: 00:30:13									
PB (50m pool): 00:30.13 Antwerpen 15/03/2026										PB (25m pool): 00:31.01 SB: 00:30.13 Antwerpen 15/03/2026									
	5 0 M																		
PB	00:30.13																		
	00:30.13																		
																			

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+										Heat:7, starttime: 12:00																				
Heat: 7/9 Lane : 7 Athlete: WACHTELAER CELLE																				Q-time: 00:27:14										
PB (50m pool): 00:27.14 Antwerpen 08/03/2026										PB (25m pool): 00:26.83SB: 00:27.14 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:27.14																													
	00:27.14																													
																														

Coach feedback:

Memorial H Braeckman: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 18: 50M FREESTYLE MEN 11+										Heat:9, starttime: 12:02																			
Heat: 9/9 Lane : 7 Athlete: CHERRETTé BALDER																				Q-time: 00:27:03									
PB (50m pool): 00:27.03 Gent 08/02/2026										PB (25m pool): 00:26.98 SB: 00:27.03 Gent 08/02/2026																			
		5 0 M																											
PB		00:27.03																											
		00:27.03																											
																													

Coach feedback: