

Memorial H Braeckman: Session: 2: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 19: 50M BREASTSTROKE MIXED 10-9		Heat:1, starttime: 14:00
Heat: 1/1 Lane : 4 Athlete: KOLICHEVA PAOLINE		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: 19: 50M BREASTSTROKE MIXED 10-9		Heat:1, starttime: 14:00
Heat: 1/1 Lane : 5 Athlete: ANTOHI LIAM		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: 19: 50M BREASTSTROKE MIXED 10-9		Heat:1, starttime: 14:00
Heat: 1/1 Lane : 6 Athlete: SICLITARU ALEXANDER		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:

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Event number: 20: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:02
Heat: 1/2 Lane : 1 Athlete: DE DONDER FLORE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:40.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 14:13
Heat: 4/4 Lane : 1 Athlete: CHERRETTÉ BALDER			Q-time: 01:06:24
PB (50m pool): 01:06.24 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:04.20 SB: 01:06.42 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.20	01:06.24	
	00:31.20	00:35.04	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 14:13
Heat: 4/4 Lane : 7 Athlete: WACHTELAER CELLE			Q-time: 01:05:75
PB (50m pool): 01:05.75 Antwerpen 20/07/2025			PB (25m pool): 01:03.31 SB: 01:05.97 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.20	01:05.75	
	00:32.20	00:33.55	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:34
Heat: 8/9 Lane : 8 Athlete: BOTERBERGH LIEKE			Q-time: 01:18:80
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:

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Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 14:36
Heat: 9/9 Lane : 1 Athlete: GUISSET JELLE			Q-time: 01:13:12
PB (50m pool): 01:13.12 Antwerpen 27/07/2025			PB (25m pool): 01:11.54 SB: 01:17.22 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.13	01:13.12	
	00:35.13	00:37.99	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 14:36
Heat: 9/9 Lane : 8 Athlete: DE WOLF TINE			Q-time: 01:14:74
PB (50m pool): 01:14.74 Antwerpen 15/03/2026			PB (25m pool): 01:14.02 SB: 01:14.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.92	01:14.74	
	00:35.92	00:38.82	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 14:44
Heat: 3/7 Lane : 2 Athlete: MARIUS MATTIS			Q-time: 01:22:92
PB (50m pool): 01:22.92 Antwerpen 20/07/2025			PB (25m pool): 01:20.99 SB: 01:23.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.85	01:22.92	
	00:40.85	00:42.07	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 14:51
Heat: 6/7 Lane : 7 Athlete: WACHTELAER CELLE			Q-time: 01:09:19
PB (50m pool): 01:09.19 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:05.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.32	01:09.19	
	00:34.32	00:34.87	
			

Coach feedback:

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Event number: 24: 400M MEDLEY WOMEN 15+							Heat:1, starttime: 14:55	
Heat: 1/1 Lane : 3 Athlete: MAES NOOR							Q-time: 05:56:68	
PB (50m pool): 05:56.68 MOUSCRON 29/05/2025				PB (25m pool): 05:59.41 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	00:35.72	01:20.33	02:07.13	02:51.08	03:46.83	04:41.47	05:19.83	05:56.68
	00:35.72	00:44.61	00:46.80	00:43.95	00:55.75	00:54.64	00:38.36	00:36.85
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 15:09	
Heat: 1/1 Lane : 3 Athlete: DE WOLF TINE							Q-time: 04:58:27	
PB (50m pool): 04:58.27 Antwerpen 20/04/2025				PB (25m pool): 04:51.97 SB: 05:03.25 Lochristi 01/02/2026				
	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	00:33.71	01:10.99	01:48.99	02:27.01	03:04.94	03:42.96	04:21.14	04:58.27
	00:33.71	00:37.28	00:38.00	00:38.02	00:37.93	00:38.02	00:38.18	00:37.13
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 15:09	
Heat: 1/1 Lane : 6 Athlete: MEGANCK LIO							Q-time: 05:11:59	
PB (50m pool): 05:11.59 Aalst 20/12/2025				PB (25m pool): 05:04.47 SB: 05:11.59 Aalst 20/12/2025				
	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	00:35.33	01:15.02	01:55.64	02:35.93	03:15.79	03:55.80	04:34.91	05:11.59
	00:35.33	00:39.69	00:40.62	00:40.29	00:39.86	00:40.01	00:39.11	00:36.68
								

Coach feedback:

Event number: 28: 50M FREESTYLE MIXED 10-9										Heat:1, starttime: 15:22	
Heat: 1/1 Lane : 2 Athlete: KOLICHEVA PAOLINE										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:

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Event number: 28: 50M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:22
Heat: 1/1 Lane : 3 Athlete: ANTOHI LIAM			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: 28: 50M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:22
Heat: 1/1 Lane : 5 Athlete: SICLITARU ALEXANDER			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: 30: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/5 Lane : 5 Athlete: MARIUS MATTIS			Q-time: 01:32:24
PB (50m pool): 01:32.24 Antwerpen 20/07/2025 PB (25m pool): 01:30.64 SB: 01:34.69 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:43.62	01:32.24	
	00:43.62	00:48.62	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:52
Heat: 4/11 Lane : 4 Athlete: MAES HANNE			Q-time: 01:14:56
PB (50m pool): 01:14.56 MOUSCRON 29/05/2025 PB (25m pool): 01:11.48 SB: 01:14.87 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:35.49	01:14.56	
	00:35.49	00:39.07	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 4 Athlete: KOLICHEVA KATALEYA			Q-time: 01:10:19
PB (50m pool): 01:10.19 Antwerpen 08/03/2026			PB (25m pool): 01:09.06 SB: 01:10.19 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.69	01:10.19	
	00:34.69	00:35.50	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:05
Heat: 11/11 Lane : 1 Athlete: VANDERBEKE HASSE			Q-time: 01:02:48
PB (50m pool): 01:02.48 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:01.91 SB: 01:02.48 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:30.34	01:02.48	
	00:30.34	00:32.14	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/10 Lane : 1 Athlete: SORGELOOS VINCENT			Q-time: 01:13:85
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: