

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 07:30 untill 08:35. 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: 1: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 08:59
Heat: 7/19 Lane : 9 Athlete: SORGELOOS VINCENT			Q-time: 01:37:55
PB (50m pool): 01:37.55 Antwerpen 15/03/2026			PB (25m pool): 01:41.14 SB: 01:37.55 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.15	01:37.55	
	00:47.15	00:50.40	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 09:01
Heat: 8/19 Lane : 6 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: 2: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:33
Heat: 5/18 Lane : 6 Athlete: DE DONDER FLORE			Q-time: 01:43:52
PB (50m pool): 01:43.52 Gent 08/02/2026			PB (25m pool): 01:53.16 SB: 01:43.52 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:49.42	01:43.52	
	00:49.42	00:54.10	
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: AST

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 4 Athlete: WACHTELAER CHARLOT			Q-time: 01:32:22
PB (50m pool): 01:31.86 Gent (Rozebroeken) 03/03/2024			PB (25m pool): 01:26.05 SB: 01:32.22 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:31.86	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:49
Heat: 13/18 Lane : 0 Athlete: KOLICHEVA KATALEYA			Q-time: 01:30:17
PB (50m pool): 01:30.17 Antwerpen 08/03/2026			PB (25m pool): 01:29.88 SB: 01:30.17 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:42.78	01:30.17	
	00:42.78	00:47.39	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:16, starttime: 09:55
Heat: 16/18 Lane : 7 Athlete: VANDERBEKE HASSE			Q-time: 01:22:76
PB (50m pool): 01:22.76 Gent 08/02/2026			PB (25m pool): 01:22.09 SB: 01:22.76 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.01	01:22.76	
	00:38.01	00:44.75	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 10:03
Heat: 2/14 Lane : 2 Athlete: KEYMEULEN ALBERT			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:36.10 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: AST

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:11, starttime: 10:19
Heat: 11/14 Lane : 8 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: 4: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 10:32
Heat: 4/11 Lane : 9 Athlete: MAES HANNE			Q-time: 01:27:73
PB (50m pool): 01:27.73 Antwerpen 15/03/2026			PB (25m pool): 01:22.26 SB: 01:27.73 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.51	01:27.73	
	00:39.51	00:48.22	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 4 Athlete: DE WOLF TINE			Q-time: 01:21:24
PB (50m pool): 01:21.24 Antwerpen 15/03/2026			PB (25m pool): 01:16.97 SB: 01:21.24 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.23	01:21.24	
	00:35.23	00:46.01	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 7 Athlete: MEGANCK LIO			Q-time: 01:22:39
PB (50m pool): 01:22.39 Gent 08/02/2026			PB (25m pool): 01:23.75 SB: 01:22.39 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.11	01:22.39	
	00:38.11	00:44.28	
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: AST

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:7, starttime: 10:37	
Heat: 7/11 Lane : 4 Athlete: BOTERBERGH LIEKE				Q-time: 01:16:51	
PB (50m pool): 01:16.51 Antwerpen 15/03/2026				PB (25m pool): 01:19.75 SB: 01:16.51 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:35.20	01:16.51			
	00:35.20	00:41.31			
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:4, starttime: 11:00	
Heat: 4/12 Lane : 0 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: 5: 200M BACKSTROKE MEN 11+					Heat:4, starttime: 11:00	
Heat: 4/12 Lane : 2 Athlete: SORGELOOS VINCENT					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): 03:00.87 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: 5: 200M BACKSTROKE MEN 11+					Heat:5, starttime: 11:04	
Heat: 5/12 Lane : 3 Athlete: MARIUS MATTIS					Q-time: 03:03:13	
PB (50m pool): 03:03.13 Sportoase De Watermolen 29/03/2026					PB (25m pool): no time SB: 03:03.13 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:42.57	01:29.61	02:17.51	03:03.13		
	00:42.57	00:47.04	00:47.90	00:45.62		
						

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FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: AST

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:12, starttime: 11:30
Heat: 12/12 Lane : 1 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: 02:28.16 Gent 08/02/2026
	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:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:38
Heat: 2/16 Lane : 5 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: 6: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:38
Heat: 2/16 Lane : 7 Athlete: MEGANCK LIO					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:09.00 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: 6: 200M BACKSTROKE WOMEN 11+					Heat:8, starttime: 12:05
Heat: 8/16 Lane : 6 Athlete: KOLICHEVA KATALEYA					Q-time: 03:04:53
PB (50m pool): 03:04.53 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.23	01:33.37	02:21.26	03:04.53	
	00:46.23	00:47.14	00:47.89	00:43.27	
					

Coach feedback:

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Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:10, starttime: 12:13
Heat: 10/16 Lane : 6 Athlete: MAES HANNE					Q-time: 02:54:46
PB (50m pool): 02:54.46 Lochristi 01/02/2026					PB (25m pool): 02:57.45 SB: 02:54.46 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.92	no time	02:54.46	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:11, starttime: 12:16
Heat: 11/16 Lane : 8 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:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:12, starttime: 12:20
Heat: 12/16 Lane : 6 Athlete: VANDERBEKE HASSE					Q-time: 02:46:51
PB (50m pool): 02:46.51 Aalst 20/12/2025					PB (25m pool): 02:42.54 SB: 02:46.51 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.98	01:22.91	02:05.53	02:46.51	
	00:40.98	00:41.93	00:42.62	00:40.98	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23
Heat: 13/16 Lane : 2 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: