

FIRST Swim Meeting: Session: 3: 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: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 8 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: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 0 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:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 7 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:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 9 Athlete: MEGANCK LIO			Q-time: 01:07:61
PB (50m pool): 01:07.61 Antwerpen 15/03/2026			PB (25m pool): 01:08.26 SB: 01:07.61 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.12	01:07.61	
	00:33.12	00:34.49	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 6 Athlete: WACHTELAER CHARLOT			Q-time: 01:06:10
PB (50m pool): 01:06.10 Gent 08/02/2026			PB (25m pool): 01:05.14 SB: 01:06.10 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:31.91	01:06.10	
	00:31.91	00:34.19	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 9 Athlete: BOTERBERGH LIEKE			Q-time: 01:06:48
PB (50m pool): 01:06.48 Antwerpen 15/03/2026			PB (25m pool): 01:06.36 SB: 01:06.48 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.16	01:06.48	
	00:32.16	00:34.32	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 2 Athlete: MAES NOOR			Q-time: 01:04:35
PB (50m pool): 01:04.35 Antwerpen 20/07/2025			PB (25m pool): 01:03.08 SB: 01:04.62 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.79	01:04.35	
	00:30.79	00:33.56	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 09:17
Heat: 20/22 Lane : 9 Athlete: GUISSET 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: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 8 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: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 9 Athlete: KEYMEULEN ALBERT			Q-time: 01:22:89
PB (50m pool): 01:22.89 Gent 08/02/2026 PB (25m pool): 01:21.21 SB: 01:22.89 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:38.99	01:22.89	
	00:38.99	00:43.90	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 2 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:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 3 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:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 5 Athlete: WACHTELAER CELLE			Q-time: 00:58:94
PB (50m pool): 00:58.94 Antwerpen 08/03/2026			PB (25m pool): 00:57.69 SB: 00:58.94 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.49	00:58.94	
	00:28.49	00:30.45	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 8 Athlete: CHERRETTÉ BALDER			Q-time: 00:57:87
PB (50m pool): 00:57.87 Antwerpen 08/03/2026			PB (25m pool): 00:56.77 SB: 00:57.87 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.73	00:57.87	
	00:27.73	00:30.14	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 9 Athlete: DE DONDER FLORE			Q-time: 01:41:17
PB (50m pool): 01:41.17 Gent 08/02/2026			PB (25m pool): 01:41.30 SB: 01:41.17 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:48.46	01:41.17	
	00:48.46	00:52.71	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 0 Athlete: KOLICHEVA KATALEYA			Q-time: 01:23:48
PB (50m pool): 01:23.48 Antwerpen 08/03/2026			PB (25m pool): 01:20.74 SB: 01:23.48 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:40.90	01:23.48	
	00:40.90	00:42.58	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 9 Athlete: MEGANCK LIO			Q-time: 01:22:15
PB (50m pool): 01:22.15 Antwerpen 15/03/2026			PB (25m pool): 01:37.48 SB: 01:22.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.66	01:22.15	
	00:40.66	00:41.49	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 4 Athlete: VANDERBEKE HASSE			Q-time: 01:18:99
PB (50m pool): 01:18.99 Aalst 28/06/2025			PB (25m pool): 01:18.79 SB: 01:20.44 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.62	01:18.99	
	00:39.62	00:39.37	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 6 Athlete: MAES HANNE			Q-time: 01:19:42
PB (50m pool): 01:19.42 Antwerpen 15/03/2026			PB (25m pool): 01:17.13 SB: 01:19.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.53	01:19.42	
	00:39.53	00:39.89	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 10:29
Heat: 14/20 Lane : 0 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:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 5 Athlete: WACHTELAER CHARLOT			Q-time: 01:16:33
PB (50m pool): 01:16.33 Aalst 20/12/2025			PB (25m pool): 01:14.15 SB: 01:16.33 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:37.06	01:16.33	
	00:37.06	00:39.27	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 0 Athlete: GUISET 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: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 8 Athlete: MAES NOOR			Q-time: 01:12:70
PB (50m pool): 01:12.70 MOUSCRON 29/05/2025			PB (25m pool): 01:11.08 SB: 01:13.51 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.30	01:12.70	
	00:36.30	00:36.40	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 3 Athlete: KEYMEULEN ALBERT			Q-time: 01:29:06
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:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 6 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: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 8 Athlete: SORGELOOS VINCENT			Q-time: 01:23:62
PB (50m pool): 01:23.62 Antwerpen 15/03/2026			PB (25m pool): 01:25.38 SB: 01:23.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.45	01:23.62	
	00:41.45	00:42.17	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:15, starttime: 11:13
Heat: 15/19 Lane : 3 Athlete: CHERRETTé BALDER			Q-time: 01:09:82
PB (50m pool): 01:09.82 Aalst 28/06/2025			PB (25m pool): 01:08.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.72	01:09.82	
	00:34.72	00:35.10	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 1 Athlete: WACHTELAER CELLE			Q-time: 01:09:19
PB (50m pool): 01:09.19 Olympic Pool Wezenberg, Antwer 30/03/25 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: