

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 07:45 until 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahn Müller Jana HEADCOACH

Coaches: Bahn Müller Michael

PB => Personal Best time

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

Event number: 3: 100M FREESTYLE WOMEN 15+ Heat:11, starttime: 09:44

Heat: 11/15 Lane : 7 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

	50 M	100 M	
PB	00:33.12	01:07.61	
	00:33.12	00:34.49	
	

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14 Heat:4, starttime: 10:34

Heat: 4/7 Lane : 8 Athlete: SORGELOOS VINCENT Q-time: 00:39:71

PB (50m pool): 00:39.71 Aalst 26/04/2026 PB (25m pool): no time SB: 00:39.71 Aalst 26/04/2026

	50 M	
PB	00:39.71	
	00:39.71	
	

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14 Heat:6, starttime: 10:38

Heat: 6/7 Lane : 7 Athlete: MARIUS MATTIS Q-time: 00:37:20

PB (50m pool): 00:37.20 Antwerpen 15/03/2026 PB (25m pool): 00:37.99 SB: 00:37.20 Antwerpen 15/03/2026

	50 M	
PB	00:37.20	
	00:37.20	
	

Coach feedback:

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: AST

Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:8, starttime: 11:35	
Heat: 8/10 Lane : 4 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	
	50 M	100 M	
PB	00:37.06	01:16.33	
	00:37.06	00:39.27	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:10, starttime: 11:39	
Heat: 10/10 Lane : 1 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	
	50 M	100 M	
PB	00:35.92	01:14.74	
	00:35.92	00:38.82	
	

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:8, starttime: 11:51	
Heat: 8/9 Lane : 8 Athlete: KEYMEULEN ALBERT		Q-time: 00:41:23	
PB (50m pool): 00:41.23 Sportoase De Watermolen 24/05/2026		PB (25m pool): no time SB: 00:41.23 Sportoase De Watermolen 24/05/2026	
	50 M		
PB	00:41.23		
	00:41.23		
		

Coach feedback: