

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 until 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahnmüller Jana HEADCOACH

Coaches: Bahnmüller Michael

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13-14 **Heat:6, starttime: 15:01**

Heat: 6/11 Lane : 7 Athlete: SORGELOOS VINCENT **Q-time: 02:40:89**

PB (50m pool): 02:40.89 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 02:45.69 SB: 02:40.89** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	150 M	200 M	
PB	00:37.02	01:19.00	02:01.00	02:40.89	
	00:37.02	00:41.98	00:42.00	00:39.89	
	

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14 **Heat:8, starttime: 15:07**

Heat: 8/11 Lane : 8 Athlete: MARIUS MATTIS **Q-time: 02:36:05**

PB (50m pool): 02:36.05 Lochristi 01/02/2026 **PB (25m pool): 02:45.08 SB: 02:36.05** Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:14.60	no time	02:36.05	
	no time				
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+ **Heat:9, starttime: 15:28**

Heat: 9/14 Lane : 1 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

	50 M	
PB	00:31.32	
	00:31.32	
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:9, starttime: 15:28
Heat: 9/14 Lane : 4 Athlete: WACHTELAER CHARLOT		Q-time: 00:30:93
PB (50m pool): 00:30.93 Gent 08/02/2026		PB (25m pool): 00:30.09 SB: 00:30.93 Gent 08/02/2026
	50 M	
PB	00:30.93	
	00:30.93	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12		Heat:6, starttime: 15:45
Heat: 6/11 Lane : 2 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
	50 M	100 M
PB	00:38.99	01:22.89
	00:38.99	00:43.90

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+		Heat:4, starttime: 17:50
Heat: 4/7 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
	50 M	100 M
PB	00:38.11	01:22.39
	00:38.11	00:44.28

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+		Heat:5, starttime: 17:52
Heat: 5/7 Lane : 6 Athlete: WACHTELAER CHARLOT		Q-time: 01:17:97
PB (50m pool): 01:17.97 Gent 08/02/2026		PB (25m pool): 01:15.85 SB: 01:17.97 Gent 08/02/2026
	50 M	100 M
PB	00:35.13	01:17.97
	00:35.13	00:42.84

Coach feedback: