

ZC 2026: Session: 5: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 08:15 until 09:15. 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: 40: 200M BACKSTROKE MEN 13-14 **Heat:3, starttime: 10:01**

Heat: 3/5 Lane : 2 Athlete: MARIUS MATTIS **Q-time: 03:01:80**

PB (50m pool): 03:01.80 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): no time** **SB: 03:01.80** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	150 M	200 M	
PB	00:43.88	01:30.53	02:17.34	03:01.80	
	00:43.88	00:46.65	00:46.81	00:44.46	
	

Coach feedback:

Event number: 40: 200M BACKSTROKE MEN 13-14 **Heat:3, starttime: 10:01**

Heat: 3/5 Lane : 3 Athlete: SORGELOOS VINCENT **Q-time: 02:59:63**

PB (50m pool): 02:59.63 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 03:00.87** **SB: 02:59.63** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	150 M	200 M	
PB	00:42.83	01:29.42	02:16.14	02:59.63	
	00:42.83	00:46.59	00:46.72	00:43.49	
	

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+ **Heat:5, starttime: 10:18**

Heat: 5/8 Lane : 6 Athlete: MEGANCK LIO **Q-time: 00:40:89**

PB (50m pool): 00:40.89 Antwerpen 15/03/2026 **PB (25m pool): 00:43.13** **SB: 00:40.89** Antwerpen 15/03/2026

	50 M	
PB	00:40.89	
	00:40.89	
	

Coach feedback:

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Event number: 43: 200M BACKSTROKE WOMEN 15+				Heat:5, starttime: 10:50	
Heat: 5/5 Lane : 6 Athlete: DE WOLF TINE				Q-time: 02:42:60	
PB (50m pool): 02:42.60		Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 02:37.35 SB: 02:42.60	
Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:38.33	01:20.10	02:01.51	02:42.60	
	00:38.33	00:41.77	00:41.41	00:41.09	
	

Coach feedback:

Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:3, starttime: 11:20		
Heat: 3/6 Lane : 2 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					
	50 M	100 M			
PB	00:47.15	01:37.55			
	00:47.15	00:50.40			
			

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:2, starttime: 11:33	
Heat: 2/5 Lane : 7 Athlete: MEGANCK LIO				Q-time: 03:22:90	
PB (50m pool): 03:22.90		Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 03:35.50 SB: 03:22.90	
Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:46.12	01:38.16	02:30.66	03:22.90	
	00:46.12	00:52.04	00:52.50	00:52.24	
	

Coach feedback: