

PK KB OVL 26: Session: 1: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 2: 100M FREESTYLE MEN 11+

Heat:3, starttime: 09:18

Heat: 3/18 Lane : 8 Athlete: KEYMEULEN ALBERT

Q-time: 01:18:29

PB (25m pool): 01:21.21 Temse 21/12/2025

PB (50m pool): 01:18.29 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.63		01:21.21	
		00:39.63		00:41.58	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:4, starttime: 09:20

Heat: 4/18 Lane : 5 Athlete: SORGELOOS VINCENT

Q-time: 01:13:85

PB (25m pool): 01:15.66 Diksmuide 17/11/2024

PB (50m pool): 01:13.85 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.46		01:15.66	
		00:37.46		00:38.20	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:15, starttime: 09:37

Heat: 15/18 Lane : 4 Athlete: WACHTELAER CELLE

Q-time: 00:57:69

PB (25m pool): 00:57.69 Sint-Amandsberg 19/10/2025

PB (50m pool): 00:57.94 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.03		00:57.69	
		00:28.03		00:29.66	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:16, starttime: 09:39
Heat: 16/18 Lane : 4 Athlete: CHERRETTÉ BALDER					Q-time: 00:56:77
PB (25m pool): 00:56.77 T Rosco 12/10/2025					PB (50m pool): 00:57.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.36		00:56.77	
	00:27.36		00:29.41		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:04	
Heat: 6/14 Lane : 8 Athlete: DE DONDER FLORE							Q-time: 03:03:77	
PB (25m pool): 03:22.98 T Rosco 12/10/2025				PB (50m pool): 03:03.77 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.31		01:40.61		02:37.07		03:22.98
	00:45.31		00:55.30		00:56.46		00:45.91	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:07	
Heat: 7/14 Lane : 4 Athlete: KOLICHEVA KATALEYA							Q-time: 02:54:99	
PB (25m pool): 02:59.93 T Rosco 12/10/2025				PB (50m pool): 02:54.99SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.94		01:27.31		02:18.90		02:59.93
	00:39.94		00:47.37		00:51.59		00:41.03	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:11	
Heat: 8/14 Lane : 5 Athlete: BOTERBERGH LIEKE							Q-time: 02:51:69	
PB (25m pool): 02:57.76 Sinbad 05/10/2025				PB (50m pool): 02:51.69SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.83		no time		no time		02:57.76
	00:37.83							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:27	
Heat: 13/14 Lane : 5 Athlete: GUISSET JELLE							Q-time: 02:34:63	
PB (25m pool): 02:34.63 Gent 23/02/2025				PB (50m pool): 02:36.91 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.03		01:12.67		02:00.29		02:34.63
	00:33.03		00:39.64		00:47.62		00:34.34	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:56	
Heat: 3/6 Lane : 4 Athlete: MAES HANNE							Q-time: 02:43:05	
PB (25m pool): 02:57.45 Sinbad 29/12/2024				PB (50m pool): 02:43.05 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.96		01:28.24		no time		02:57.45
	00:42.96		00:45.28					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:00	
Heat: 4/6 Lane : 4 Athlete: MAES NOOR							Q-time: 02:37:35	
PB (25m pool): 02:38.20 Sinbad 16/03/2025				PB (50m pool): 02:37.35 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.27		01:19.10		no time		02:38.20
	00:38.27		00:40.83					
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:11	
Heat: 1/6 Lane : 5 Athlete: SORGELOOS VINCENT							Q-time: 05:34:71	
PB (25m pool): 05:47.38 T Rosco 20/10/2024				PB (50m pool): 05:34.71SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.74		01:24.85		02:10.67		02:56.61
	00:39.74		00:45.11		00:45.82		00:45.94	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:41.21		04:26.01		05:08.54		05:47.38
	00:44.60		00:44.80		00:42.53		00:38.84	

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Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:6, starttime: 11:39	
Heat: 6/6 Lane : 1 Athlete: CHERRETTé BALDER							Q-time: 04:20:20	
PB (25m pool): 04:20.20 T Rosco 12/10/2025				PB (50m pool): 04:21.22SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:29.28		01:01.73		01:34.50		02:08.14
	00:29.28		00:32.45		00:32.77		00:33.64	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:41.36		03:15.11		03:48.27		04:20.20
	00:33.22		00:33.75		00:33.16		00:31.93	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:6, starttime: 11:39	
Heat: 6/6 Lane : 2 Athlete: WACHTELAER CELLE							Q-time: 04:18:96	
PB (25m pool): 04:18.96 Sportoase De Watermolen 21/07/2026 PB (50m pool): 04:23.16SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:28.68		01:00.94		01:34.03		02:07.40
	00:28.68		00:32.26		00:33.09		00:33.37	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:40.29		03:13.81		03:47.74		04:18.96
	00:32.89		00:33.52		00:33.93		00:31.22	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:4, starttime: 11:49		
Heat: 4/16 Lane : 6 Athlete: DE DONDER FLORE							Q-time: 00:41:86		
PB (25m pool): no time				PB (50m pool): 00:41.86				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:52
Heat: 7/16 Lane : 4 Athlete: KOLICHEVA KATALEYA			Q-time: 00:37:33
PB (25m pool): 00:38.76 Sinbad 05/10/2025			PB (50m pool): 00:37.33 SB: no time
	2 5 M	5 0 M	
PB		00:38.76	
		00:38.76	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:56
Heat: 10/16 Lane : 6 Athlete: MAES HANNE			Q-time: 00:34:76
PB (25m pool): 00:34.76 T Rosco 12/10/2025			PB (50m pool): 00:35.77 SB: no time
	2 5 M	5 0 M	
PB		00:34.76	
		00:34.76	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:58
Heat: 12/16 Lane : 3 Athlete: BOTERBERGH LIEKE			Q-time: 00:33:15
PB (25m pool): 00:33.77 T Rosco 12/10/2025			PB (50m pool): 00:33.15 SB: no time
	2 5 M	5 0 M	
PB		00:33.77	
		00:33.77	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:15, starttime: 12:01
Heat: 15/16 Lane : 3 Athlete: MAES NOOR			Q-time: 00:30:73
PB (25m pool): 00:31.22 T Rosco 12/10/2025			PB (50m pool): 00:30.73 SB: no time
	2 5 M	5 0 M	
PB		00:31.22	
		00:31.22	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:15, starttime: 12:01
Heat: 15/16 Lane : 8 Athlete: GUISSET JELLE			Q-time: 00:30:98
PB (25m pool): 00:32.11 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:30.98 SB: no time
	2 5 M	5 0 M	
PB		00:32.11	
		00:32.11	
			

Coach feedback: