

PK KB OVL 26: Session: 2: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:11
Heat: 3/18 Lane : 7 Athlete: DE DONDER FLORE					Q-time: 01:19:91
PB (25m pool): 01:23.61 Dendermonde 22/11/2025					PB (50m pool): 01:19.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.98		01:23.61	
		00:39.98		00:43.63	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/18 Lane : 4 Athlete: BOTERBERGH LIEKE					Q-time: 01:06:03
PB (25m pool): 01:06.36 Dendermonde 22/11/2025					PB (50m pool): 01:06.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.16		01:06.36	
		00:31.16		00:35.20	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/18 Lane : 5 Athlete: KOLICHEVA KATALEYA					Q-time: 01:06:18
PB (25m pool): 01:09.06 Temse 17/11/2025					PB (50m pool): 01:06.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.08		01:09.06	
		00:34.08		00:34.98	
					

Coach feedback:

PK KB OVL 26: Session: 2: COACH Evaluation sheet for TEAM: AST

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:31
Heat: 15/18 Lane : 5 Athlete: MAES NOOR					Q-time: 01:03:08
PB (25m pool): 01:03.08 T Rosco 12/10/2025					PB (50m pool): 01:04.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.55		01:03.08	
	00:30.55		00:32.53		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/18 Lane : 2 Athlete: GUISET JELLE					Q-time: 01:02:29
PB (25m pool): 01:02.42 Sinbad 23/07/2024					PB (50m pool): 01:02.29 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.42	
	no time				
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:42	
Heat: 2/13 Lane : 2 Athlete: KEYMEULEN ALBERT							Q-time: 03:13:87	
PB (25m pool): 03:25.56 Sinbad 05/10/2025							PB (50m pool): 03:13.87 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		00:45.60		no time		no time		03:25.56
	00:45.60							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:46	
Heat: 3/13 Lane : 8 Athlete: SORGELOOS VINCENT							Q-time: 03:10:25	
PB (25m pool): 03:10.31 Sinbad 16/03/2025				PB (50m pool): 03:10.25 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		00:44.69		no time		no time		03:10.31
	00:44.69							
								

Coach feedback:

PK KB OVL 26: Session: 2: COACH Evaluation sheet for TEAM: AST

Event number: 11: 200M MEDLEY MEN 11+							Heat:12, starttime: 15:15	
Heat: 12/13 Lane : 6 Athlete: CHERRETTé BALDER							Q-time: 02:20:79	
PB (25m pool): 02:20.79 Dendermonde 22/11/2025				PB (50m pool): 02:27.81 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		00:28.74		no time		no time		02:20.79
	00:28.74							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 15:24	
Heat: 2/7 Lane : 6 Athlete: MAES HANNE						Q-time: 01:39:25		
PB (25m pool): 01:39.25 Sint-Niklaas 11/01/2026				PB (50m pool): 01:41.04 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:47.10		01:39.25				
	00:47.10		00:52.15					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:4, starttime: 15:49	
Heat: 4/5 Lane : 4 Athlete: WACHTELAER CELLE							Q-time: 02:24:44	
PB (25m pool): 02:24.44 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:24.92 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		00:32.98		01:09.17		01:46.85		02:24.44
	00:32.98		00:36.19		00:37.68		00:37.59	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/5 Lane : 3 Athlete: BOTERBERGH LIEKE							Q-time: 05:08:13	
PB (25m pool): 05:08.13 Gent 23/02/2025				PB (50m pool): 05:14.36 SB: 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		00:34.67		01:14.33		01:53.88		02:34.02
	00:34.67		00:39.66		00:39.55		00:40.14	
								
	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		03:13.21		03:52.75		04:31.30		05:08.13
	00:39.19		00:39.54		00:38.55		00:36.83	

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Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 16:19	
Heat: 5/5 Lane : 8 Athlete: GUISET JELLE							Q-time: 04:43:24	
PB (25m pool): 04:42.38 DENDERMONDE 23/11/2024				PB (50m pool): 04:43.66 SB: 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		no time		01:06.72		no time		02:19.10
	no time							
								
	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		no time		no time		no time		04:42.38
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 16:28	
Heat: 3/13 Lane : 3 Athlete: KEYMEULEN ALBERT							Q-time: 00:39:11	
PB (25m pool): no time				PB (50m pool): 00:39.11 SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:4, starttime: 16:29	
Heat: 4/13 Lane : 3 Athlete: SORGELOOS VINCENT							Q-time: 00:36:76	
PB (25m pool): 00:40.82 Temse 17/11/2025				PB (50m pool): 00:36.76 SB: no time				
	2 5 M		5 0 M					
PB			00:40.82					
			00:40.82					
								

Coach feedback:

PK KB OVL 26: Session: 2: COACH Evaluation sheet for TEAM: AST

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:11, starttime: 16:36
Heat: 11/13 Lane : 2 Athlete: CHERRETTÉ BALDER			Q-time: 00:28:40
PB (25m pool): 00:29.93 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:28.40 SB: no time
	2 5 M	5 0 M	
PB		00:29.93	
		00:29.93	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:11, starttime: 16:36
Heat: 11/13 Lane : 4 Athlete: WACHTELAER CELLE			Q-time: 00:28:25
PB (25m pool): 00:28.25 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:28.66 SB: no time
	2 5 M	5 0 M	
PB		00:28.25	
		00:28.25	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:43
Heat: 3/7 Lane : 4 Athlete: MAES HANNE			Q-time: 00:36:42
PB (25m pool): 00:36.42 Temse 21/12/2025			PB (50m pool): 00:37.23 SB: no time
	2 5 M	5 0 M	
PB		00:36.42	
		00:36.42	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:48
Heat: 6/7 Lane : 2 Athlete: MAES NOOR			Q-time: 00:32:86
PB (25m pool): 00:32.86 T Rosco 12/10/2025			PB (50m pool): 00:33.42 SB: no time
	2 5 M	5 0 M	
PB		00:32.86	
		00:32.86	
			

Coach feedback:

PK KB OVL 26: Session: 2: COACH Evaluation sheet for TEAM: AST

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 17:01	
Heat: 1/2 Lane : 4 Athlete: TEAM AST 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:06	
Heat: 1/2 Lane : 5 Athlete: TEAM AST 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: