

PK KB OVL 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:13
Heat: 2/10 Lane : 7 Athlete: KEYMEULEN ALBERT					Q-time: 01:33:28
PB (25m pool): 01:33.28 Temse 21/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.69		01:33.28	
	00:41.69		00:51.59		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:9, starttime: 09:26
Heat: 9/10 Lane : 4 Athlete: WACHTELAER CELLE					Q-time: 01:05:46
PB (25m pool): 01:05.46 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.09		01:05.46	
	00:29.09		00:36.37		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:42	
Heat: 5/9 Lane : 3 Athlete: BOTERBERGH LIEKE							Q-time: 02:24:25	
PB (25m pool): 02:26.00 T Rosco 12/10/2025							PB (50m pool): 02:24.25 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		00:33.65		01:11.88		01:49.13		02:26.00
	00:33.65		00:38.23		00:37.25		00:36.87	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:45	
Heat: 6/9 Lane : 4 Athlete: MAES NOOR							Q-time: 02:20:56	
PB (25m pool): 02:20.56 Temse 17/11/2025				PB (50m pool): 02:21.52SB: 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		00:32.12		01:07.30		01:43.70		02:20.56
	00:32.12		00:35.18		00:36.40		00:36.86	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:50	
Heat: 8/9 Lane : 4 Athlete: GUISET JELLE							Q-time: 02:14:00	
PB (25m pool): 02:14.00 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:15.33 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		00:30.95		01:04.98		01:39.81		02:14.00
	00:30.95		00:34.03		00:34.83		00:34.19	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:50	
Heat: 8/9 Lane : 7 Athlete: VANDERBEKE HASSE							Q-time: 02:15:24	
PB (25m pool): 02:15.24 T Rosco 12/10/2025				PB (50m pool): 02:15.98 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		00:32.06		01:06.77		01:41.90		02:15.24
	00:32.06		00:34.71		00:35.13		00:33.34	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 09:56
Heat: 1/6 Lane : 5 Athlete: SORGELOOS VINCENT				Q-time: 01:29:44	
PB (25m pool): 01:41.02 Sint-Amandsberg 27/10/2024			PB (50m pool): 01:29.44 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.61		01:41.02	
	00:48.61		00:52.41		
					

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 10:04
Heat: 5/6 Lane : 5 Athlete: WACHTELAER CELLE					Q-time: 01:03:31
PB (25m pool): 01:03.31 Temse 17/11/2025					PB (50m pool): 01:05.75 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.63		01:03.31	
	00:30.63		00:32.68		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 10:04
Heat: 5/6 Lane : 6 Athlete: CHERRETTÉ BALDER					Q-time: 01:04:20
PB (25m pool): 01:04.20 Sint-Niklaas 11/01/2026					PB (50m pool): 01:06.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.99		01:04.20	
	00:28.99		00:35.21		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:13
Heat: 3/5 Lane : 5 Athlete: DE DONDER FLORE					Q-time: 01:39:44
PB (25m pool): 01:53.16 Sinbad 12/01/2025					PB (50m pool): 01:39.44 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.70		01:53.16	
	00:54.70		00:58.46		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 10:17
Heat: 5/5 Lane : 5 Athlete: KOLICHEVA KATALEYA					Q-time: 01:27:51
PB (25m pool): 01:29.88 Temse 17/11/2025					PB (50m pool): 01:27.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.49		01:29.88	
	00:42.49		00:47.39		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:28
Heat: 4/11 Lane : 1 Athlete: SORGELOOS VINCENT					Q-time: 01:22:91
PB (25m pool): 01:25.38 Temse 17/11/2025					PB (50m pool): 01:22.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.65		01:25.38	
	00:41.65		00:43.73		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:28
Heat: 4/11 Lane : 7 Athlete: KEYMEULEN ALBERT					Q-time: 01:22:87
PB (25m pool): 01:34.07 Sinbad 05/10/2025					PB (50m pool): 01:22.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.09		01:34.07	
	00:46.09		00:47.98		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 10:45			
Heat: 1/3 Lane : 1 Athlete: MAES HANNE					Q-time: 03:28:31			
PB (25m pool): 03:28.31 Temse 21/12/2025					PB (50m pool): 03:38.56 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		00:48.60		01:42.85		02:36.25		03:28.31
	00:48.60		00:54.25		00:53.40		00:52.06	
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+					Heat:2, starttime: 11:03			
Heat: 2/2 Lane : 3 Athlete: CHERRETTé BALDER					Q-time: 05:04:99			
PB (25m pool): 05:19.57 T Rosco 20/10/2024					PB (50m pool): 05:04.99 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		00:33.83		01:14.65		01:55.93		02:36.04
	00:33.83		00:40.82		00:41.28		00:40.11	
								
	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		03:23.33		04:10.61		04:45.66		05:19.57
	00:47.29		00:47.28		00:35.05		00:33.91	

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Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:11	
Heat: 2/11 Lane : 4 Athlete: MAES HANNE							Q-time: 00:33:04	
PB (25m pool): 00:33.19 T Rosco 12/10/2025							PB (50m pool): 00:33.04SB: no time	
	2 5 M		5 0 M					
PB			00:33.19					
	00:33.19							
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:15	
Heat: 6/11 Lane : 3 Athlete: BOTERBERGH LIEKE							Q-time: 00:30:13	
PB (25m pool): 00:31.01 Sint-Amandsberg 19/10/2025							PB (50m pool): 00:30.13SB: no time	
	2 5 M		5 0 M					
PB			00:31.01					
	00:31.01							
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:9, starttime: 11:18	
Heat: 9/11 Lane : 4 Athlete: MAES NOOR							Q-time: 00:28:50	
PB (25m pool): 00:28.50 Gent 23/02/2025							PB (50m pool): 00:29.00SB: no time	
PB	2 5 M		5 0 M					
			00:28.50					
			00:28.50					
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:18
Heat: 9/11 Lane : 5 Athlete: GUISET JELLE			Q-time: 00:28:74
PB (25m pool): 00:28.74 Gent 23/02/2025			PB (50m pool): 00:29.34 SB: no time
	2 5 M	5 0 M	
PB		00:28.74	
		00:28.74	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:19
Heat: 10/11 Lane : 6 Athlete: VANDERBEKE HASSE			Q-time: 00:28:08
PB (25m pool): 00:28.08 Gent 23/02/2025			PB (50m pool): 00:28.47 SB: no time
	2 5 M	5 0 M	
PB		00:28.08	
		00:28.08	
			

Coach feedback: