

PK KB OVL 26: Session: 4: 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: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/12 Lane : 1 Athlete: DE DONDER FLORE					Q-time: 01:34:57
PB (25m pool): 01:34.57 Dendermonde 22/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.57	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/12 Lane : 1 Athlete: MAES HANNE					Q-time: 01:21:65
PB (25m pool): 01:21.65 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		00:36.33		01:21.65	
	00:36.33 00:45.32				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/12 Lane : 6 Athlete: BOTERBERGH LIEKE					Q-time: 01:20:63
PB (25m pool): 01:20.63 Dendermonde 22/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.63	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/12 Lane : 7 Athlete: KOLICHEVA KATALEYA					Q-time: 01:21:27
PB (25m pool): 01:21.27 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		00:38.93		01:21.27	
	00:38.93		00:42.34		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/12 Lane : 5 Athlete: GUISSSET JELLE					Q-time: 01:13:70
PB (25m pool): 01:13.12 Sinbad 23/07/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.12	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:20
Heat: 11/12 Lane : 1 Athlete: VANDERBEKE HASSE					Q-time: 01:12:65
PB (25m pool): 01:12.65 Dendermonde 22/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.65	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:28	
Heat: 2/10 Lane : 3 Athlete: SORGELOOS VINCENT							Q-time: 02:33:87	
PB (25m pool): 02:45.69 T Rosco 20/10/2024				PB (50m pool): 02:33.87 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		00:38.93		01:22.61		02:05.06		02:45.69
	00:38.93		00:43.68		00:42.45		00:40.63	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:8, starttime: 14:45	
Heat: 8/10 Lane : 4 Athlete: WACHTELAER CELLE							Q-time: 02:05:42	
PB (25m pool): 02:05.42 T Rosco 12/10/2025				PB (50m pool): 02:07.46SB: 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		00:30.31		01:03.26		01:35.54		02:05.42
	00:30.31		00:32.95		00:32.28		00:29.88	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:9, starttime: 14:48	
Heat: 9/10 Lane : 3 Athlete: CHERRETTé BALDER							Q-time: 02:03:97	
PB (25m pool): 02:08.13 Diksmuide 17/11/2024				PB (50m pool): 02:03.97 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		00:29.62		01:02.56		01:35.90		02:08.13
	00:29.62		00:32.94		00:33.34		00:32.23	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:4, starttime: 14:59	
Heat: 4/5 Lane : 7 Athlete: MAES NOOR						Q-time: 01:13:97		
PB (25m pool): 01:13.97 Temse 17/11/2025				PB (50m pool): 01:14.05 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.00		01:13.97				
	00:35.00		00:38.97					
								

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12							Heat:2, starttime: 15:05	
Heat: 2/3 Lane : 8 Athlete: KEYMEULEN ALBERT							Q-time: 01:49:35	
PB (25m pool): no time				PB (50m pool): 01:49.35 SB: no time				
	2 5 M		5 0 M		7 5 M		1 0 0 M	
PB			no time				no time	
	no time							
								

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:13
Heat: 2/12 Lane : 6 Athlete: DE DONDER FLORE					Q-time: 01:33:95
PB (25m pool): 01:41.30 Gent 23/02/2025			PB (50m pool): 01:33.95 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.31		01:41.30	
	00:49.31		00:51.99		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:23
Heat: 6/12 Lane : 2 Athlete: KOLICHEVA KATALEYA					Q-time: 01:20:74
PB (25m pool): 01:20.74 Temse 17/11/2025			PB (50m pool): 01:22.57 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.35		01:20.74	
	00:40.35		00:40.39		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:26
Heat: 7/12 Lane : 2 Athlete: MAES HANNE					Q-time: 01:17:13
PB (25m pool): 01:17.13 Temse 17/11/2025			PB (50m pool): 01:18.18 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.69		01:17.13	
	00:37.69		00:39.44		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:28
Heat: 8/12 Lane : 2 Athlete: BOTERBERGH LIEKE					Q-time: 01:15:47
PB (25m pool): 01:18.71 T Rosco 12/10/2025			PB (50m pool): 01:15.47 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.31		01:18.71	
	00:39.31		00:39.40		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:35
Heat: 11/12 Lane : 5 Athlete: MAES NOOR					Q-time: 01:11:08
PB (25m pool): 01:11.08 T Rosco 12/10/2025			PB (50m pool): 01:12.70 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.23		01:11.08	
	00:34.23		00:36.85		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:35
Heat: 11/12 Lane : 6 Athlete: GUISET JELLE					Q-time: 01:11:54
PB (25m pool): 01:11.54 Gent 23/02/2025			PB (50m pool): 01:13.12 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.91		01:11.54	
	00:34.91		00:36.63		
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:1, starttime: 16:07
Heat: 1/11 Lane : 6 Athlete: SORGELOOS VINCENT					Q-time: 00:34:03
PB (25m pool): 00:35.44 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:34.03 SB: no time		
	2 5 M	5 0 M			
PB		00:35.44			
	00:35.44				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:8, starttime: 16:14
Heat: 8/11 Lane : 3 Athlete: WACHTELAER CELLE					Q-time: 00:26:83
PB (25m pool): 00:26.83 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:27.14 SB: no time		
	2 5 M	5 0 M			
PB		00:26.83			
	00:26.83				
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+				Heat:8, starttime: 16:14			
Heat: 8/11 Lane : 5 Athlete: CHERRETTÉ BALDER				Q-time: 00:26:79			
PB (25m pool): 00:26.98 Sint-Amandsberg 19/10/2025				PB (50m pool): 00:26.79 SB: no time			
	2 5 M	5 0 M					
PB		00:26.98					
		00:26.98					
							

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:5, starttime: 16:23			
Heat: 5/5 Lane : 7 Athlete: VANDERBEKE HASSE				Q-time: 00:36:60			
PB (25m pool): 00:36.60 T Rosco 12/10/2025				PB (50m pool): 00:37.26 SB: no time			
	2 5 M	5 0 M					
PB		00:36.60					
		00:36.60					
							

Coach feedback:

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 16:40	
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: