

# Memoreal Anteunis 26: Session: 3: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45      The listed starttimes are indicative!

Coaches: Bahnmüller Michael

Coaches: Bahnmüller Jana    HEADCOACH

PB => Personal Best time                      SB => Seasons Best time: Season starting point: first of September.

| Event number: 19: 200M BREASTSTROKE WOMEN 11-17       |           |           |           |                                    |           |           | Heat:2, starttime: 09:04 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/9    Lane : 0    Athlete: DE WOLF TINE        |           |           |           |                                    |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 03:14.54    Sint-Amandsberg 27/10/2024 |           |           |           | PB (50m pool): 03:18.92SB: 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                                                    |           | 00:44.87  |           | 01:35.74                           |           | 02:25.57  |                          | 03:14.54  |
|                                                       | 00:44.87  |           | 00:50.87  |                                    | 00:49.83  |           | 00:48.97                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 19: 200M BREASTSTROKE WOMEN 11-17   |           |           |           |                                    |           |           | Heat:4, starttime: 09:13 |           |
|---------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/9    Lane : 8    Athlete: DE DONDER FLORE |           |           |           |                                    |           |           | Q-time: 03:31:72         |           |
| PB (25m pool): 04:07.88    Sinbad 26/05/2024      |           |           |           | PB (50m pool): 03:31.72SB: 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                                                |           | no time   |           | no time                            |           | no time   |                          | 04:07.88  |
|                                                   | no time   |           |           |                                    |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 19: 200M BREASTSTROKE WOMEN 11-17      |           |           |                                    |           |           |           | Heat:5, starttime: 09:17 |           |
|------------------------------------------------------|-----------|-----------|------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 5/9    Lane : 2    Athlete: KOLICHEVA KATALEYA |           |           |                                    |           |           |           | Q-time: 03:19:11         |           |
| PB (25m pool): no time                               |           |           | PB (50m pool): 03:19.11SB: 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                                                   |           | no time   |                                    | no time   |           | no time   |                          | no time   |
|                                                      | no time   |           |                                    |           |           |           |                          |           |
|                                                      | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

Memoreal Anteonis 26: Session: 3: COACH Evaluation sheet for TEAM: AST

| Event number: 20: 200M BREASTSTROKE MEN 11-17            |          |          |          |                                     |          |          | Heat:1, starttime: 09:35 |          |
|----------------------------------------------------------|----------|----------|----------|-------------------------------------|----------|----------|--------------------------|----------|
| Heat: 1/9    Lane : 6    Athlete: SORGELOOS VINCENT      |          |          |          |                                     |          |          | Q-time: 99:99:99         |          |
| PB (25m pool): 03:37.65    Sint-Amandsberg    27/10/2024 |          |          |          | PB (50m pool): 03:22.72 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                                                       |          | 00:51.84 |          | 01:48.77                            |          | 02:44.35 |                          | 03:37.65 |
|                                                          | 00:51.84 |          | 00:56.93 |                                     | 00:55.58 |          | 00:53.30                 |          |
|                                                          | .....    | .....    | .....    | .....                               | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 21: 200M BACKSTROKE WOMEN 11-17          |           |           |           |                                     |           |           | Heat:7, starttime: 10:36 |           |
|--------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/11   Lane : 7   Athlete: BOTERBERGH LIEKE      |           |           |           |                                     |           |           | Q-time: 02:46:13         |           |
| PB (25m pool): 02:46.13   Sint-Amandsberg   19/10/2025 |           |           |           | PB (50m pool): 02:40.25 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                                                     |           | 00:38.61  |           | 01:20.84                            |           | 02:03.85  |                          | 02:46.13  |
|                                                        | 00:38.61  |           | 00:42.23  |                                     | 00:43.01  |           | 00:42.28                 |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 21: 200M BACKSTROKE WOMEN 11-17  |          |          |          |                                                             |       |         | Heat:8, starttime: 10:39 |          |
|------------------------------------------------|----------|----------|----------|-------------------------------------------------------------|-------|---------|--------------------------|----------|
| Heat: 8/11    Lane : 6    Athlete: MAES HANNE  |          |          |          |                                                             |       |         | Q-time: 02:43:05         |          |
| PB (25m pool): 02:40.72    EEKLO    04/10/2026 |          |          |          | PB (50m pool): 02:43.05 SB: 02:40.72    EEKLO    04/10/2026 |       |         |                          |          |
|                                                | 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                                             |          | 00:38.05 |          | 01:18.40                                                    |       | no time |                          | 02:40.72 |
|                                                | 00:38.05 |          | 00:40.35 |                                                             |       |         |                          |          |
|                                                | .....    | .....    | .....    | .....                                                       | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 22: 200M BACKSTROKE MEN 11-17        |         |         |                                     |         |       |         | Heat:2, starttime: 10:57 |         |
|----------------------------------------------------|---------|---------|-------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 2/8    Lane : 5    Athlete: KEYMEULEN ALBERT |         |         |                                     |         |       |         | Q-time: 03:08:62         |         |
| PB (25m pool): no time                             |         |         | PB (50m pool): 03:08.62 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                                                 |         | no time |                                     | no time |       | no time |                          | no time |
|                                                    | no time |         |                                     |         |       |         |                          |         |
|                                                    | .....   | .....   | .....                               | .....   | ..... | .....   | .....                    | .....   |

Coach feedback:

# Memoreal Anteonis 26: Session: 3: COACH Evaluation sheet for TEAM: AST

| Event number: 22: 200M BACKSTROKE MEN 11-17         |          |          |          |                                     |       |         | Heat:4, starttime: 11:05 |          |
|-----------------------------------------------------|----------|----------|----------|-------------------------------------|-------|---------|--------------------------|----------|
| Heat: 4/8    Lane : 0    Athlete: SORGELOOS VINCENT |          |          |          |                                     |       |         | Q-time: 02:54:91         |          |
| PB (25m pool): 03:00.87    Sinbad 29/12/2024        |          |          |          | PB (50m pool): 02:54.91 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                                                  |          | 00:45.41 |          | 01:32.02                            |       | no time |                          | 03:00.87 |
|                                                     | 00:45.41 |          | 00:46.61 |                                     |       |         |                          |          |
|                                                     | .....    | .....    | .....    | .....                               | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 22: 200M BACKSTROKE MEN 11-17              |           |           |           |                                                             |           |           | Heat:8, starttime: 11:19 |           |
|----------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 9    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: 02:30.75    EEKLO    04/10/2026 |           |           |                          |           |
|                                                          | 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: 25: 200M FREESTYLE WOMEN 11-17       |           |           |                                     |           |           |           | Heat:4, starttime: 11:48 |           |
|----------------------------------------------------|-----------|-----------|-------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/19    Lane : 5    Athlete: DE DONDER FLORE |           |           |                                     |           |           |           | Q-time: 02:48:58         |           |
| PB (25m pool): no time                             |           |           | PB (50m pool): 02:48.58 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                                                 |           | no time   |                                     | no time   |           | no time   |                          | no time   |
|                                                    | no time   |           |                                     |           |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 25: 200M FREESTYLE WOMEN 11-17  |           |           |           |                                     |           |           | Heat:6, starttime: 11:55 |           |
|-----------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/19    Lane : 0    Athlete: MAES HANNE |           |           |           |                                     |           |           | Q-time: 02:43:69         |           |
| PB (25m pool): 02:43.69    Sinbad 16/03/2025  |           |           |           | PB (50m pool): 02:44.46 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                                            |           | 00:38.81  |           | 01:21.68                            |           | no time   |                          | 02:43.69  |
|                                               | 00:38.81  |           | 00:42.87  |                                     |           |           |                          |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Memoreal Anteonis 26: Session: 3: COACH Evaluation sheet for TEAM: AST

| Event number: 25: 200M FREESTYLE WOMEN 11-17     |          |          |          |                                     |          |          | Heat:11, starttime: 12:10 |          |
|--------------------------------------------------|----------|----------|----------|-------------------------------------|----------|----------|---------------------------|----------|
| Heat: 11/19 Lane : 4 Athlete: KOLICHEVA KATALEYA |          |          |          |                                     |          |          | Q-time: 02:28:58          |          |
| PB (25m pool): 02:28.58 T ROSCO 12/10/2025       |          |          |          | PB (50m pool): 02:29.34 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                                               |          | 00:35.58 |          | 01:14.14                            |          | 01:52.78 |                           | 02:28.58 |
|                                                  | 00:35.58 |          | 00:38.56 |                                     | 00:38.64 |          | 00:35.80                  |          |
|                                                  | .....    | .....    | .....    | .....                               | .....    | .....    | .....                     | .....    |

Coach feedback:

| Event number: 25: 200M FREESTYLE WOMEN 11-17   |          |          |          |                                                       |       |         | Heat:13, starttime: 12:16 |          |
|------------------------------------------------|----------|----------|----------|-------------------------------------------------------|-------|---------|---------------------------|----------|
| Heat: 13/19 Lane : 1 Athlete: BOTERBERGH LIEKE |          |          |          |                                                       |       |         | Q-time: 02:26:00          |          |
| PB (25m pool): 02:19.82 EEKLO 04/10/2026       |          |          |          | PB (50m pool): 02:24.25 SB: 02:19.82 EEKLO 04/10/2026 |       |         |                           |          |
|                                                | 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                                             |          | 00:32.51 |          | 01:08.69                                              |       | no time |                           | 02:19.82 |
|                                                | 00:32.51 |          | 00:36.18 |                                                       |       |         |                           |          |
|                                                | .....    | .....    | .....    | .....                                                 | ..... | .....   | .....                     | .....    |

Coach feedback:

| Event number: 25: 200M FREESTYLE WOMEN 11-17     |           |           |           |                                     |           |           | Heat:14, starttime: 12:19 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 14/19    Lane : 1    Athlete: DE WOLF TINE |           |           |           |                                     |           |           | Q-time: 02:23:10          |           |
| PB (25m pool): 02:21.93    Diksmuide 19/11/2023  |           |           |           | PB (50m pool): 02:24.74 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                                               |           | no time   |           | no time                             |           | no time   |                           | 02:21.93  |
|                                                  | no time   |           |           |                                     |           |           |                           |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 26: 200M FREESTYLE MEN 11-17          |         |         |                                     |         |       |         | Heat:2, starttime: 12:39 |         |
|-----------------------------------------------------|---------|---------|-------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 2/16    Lane : 5    Athlete: KEYMEULEN ALBERT |         |         |                                     |         |       |         | Q-time: 03:03:11         |         |
| PB (25m pool): no time                              |         |         | PB (50m pool): 03:03.11 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                                                  |         | no time |                                     | no time |       | no time |                          | no time |
|                                                     | no time |         |                                     |         |       |         |                          |         |
|                                                     | .....   | .....   | .....                               | .....   | ..... | .....   | .....                    | .....   |

Coach feedback:

Memoreal Anteunis 26: Session: 3: COACH Evaluation sheet for TEAM: AST

| Event number: 26: 200M FREESTYLE MEN 11-17     |          |          |          |                                                       |       |         | Heat:15, starttime: 13:17 |          |
|------------------------------------------------|----------|----------|----------|-------------------------------------------------------|-------|---------|---------------------------|----------|
| Heat: 15/16 Lane : 0 Athlete: WACHTELAER CELLE |          |          |          |                                                       |       |         | Q-time: 02:05:42          |          |
| PB (25m pool): 02:02.73 EEKLO 04/10/2026       |          |          |          | PB (50m pool): 02:07.46 SB: 02:02.73 EEKLO 04/10/2026 |       |         |                           |          |
|                                                | 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                                             |          | 00:28.84 |          | 00:59.98                                              |       | no time |                           | 02:02.73 |
|                                                | 00:28.84 |          | 00:31.14 |                                                       |       |         |                           |          |
|                                                | .....    | .....    | .....    | .....                                                 | ..... | .....   | .....                     | .....    |

Coach feedback: