DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

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

Coaches: Bahnmüller Jana HEADCOACH

Coaches: Bahnmüller Michael

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 09:00

Heat: 1/2 Lane : 1 Athlete: ANTOHI LIAM — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 02:03.49 **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ — Heat:4, starttime: 09:19

Heat: 4/6 Lane : 5 Athlete: DE DONDER FLORE — **Q-time: 02:41:49**

PB (25m pool): 02:41.49 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:48.58 **SB:** 02:41.49 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.74		01:18.34		02:00.14		02:41.49
	00:36.74		*00:41.60*		*00:41.80*		*00:41.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ — Heat:6, starttime: 09:26

Heat: 6/6 Lane : 2 Athlete: MEGANCK LIO — **Q-time: 02:23:20**

PB (25m pool): 02:39.77 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 02:23.20 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.37		01:18.42		02:00.21		02:39.77
	00:37.37		*00:41.05*		*00:41.79*		*00:39.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:3, starttime: 09:37

Heat: 3/6 Lane : 6 Athlete: KEYMEULEN ALBERT — **Q-time: 02:47:70**

PB (25m pool): 02:47.70 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 03:03.11 **SB:** 02:47.70 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.30		01:20.68		02:05.37		02:47.70
		00:37.30		*00:43.38*		*00:44.69*		*00:42.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:6, starttime: 09:47

Heat: 6/6 Lane : 3 Athlete: CHERRETTé BALDER — **Q-time: 02:04:45**

PB (25m pool): 02:02.09 Diksmuide 01/11/2026 **PB (50m pool):** 02:03.97 **SB:** 02:02.09 Diksmuide 01/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.41		00:59.72		01:31.66		02:02.09
		00:28.41		*00:31.31*		*00:31.94*		*00:30.43*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:7, starttime: 10:31

Heat: 7/7 Lane : 3 Athlete: VANDERBEKE HASSE — **Q-time: 04:44:31**

PB (25m pool): 04:51.99 T ROSCO 20/10/2024 **PB (50m pool):** 04:44.31 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:33.30		01:08.92		01:45.90		02:23.77
		00:33.30		*00:35.62*		*00:36.98*		*00:37.87*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		03:01.92		03:39.85		04:17.43		04:51.99
		00:38.15		*00:37.93*		*00:37.58*		*00:34.56*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:7, starttime: 10:31

Heat: 7/7 Lane : 4 Athlete: GUISSET JELLE — **Q-time: 04:50:56**

PB (25m pool): 04:42.38 DENDERMONDE 23/11/2024 **PB (50m pool):** 04:43.66 **SB:** 04:50.56 EEKLO 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:06.72		no time		02:19.10
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		04:42.38
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 100M MEDLEY MIXED 10-9 — Heat:1, starttime: 11:10

Heat: 1/2 Lane : 3 Athlete: ANTOHI LIAM — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:1, starttime: 11:14

Heat: 1/6 Lane : 2 Athlete: MEGANCK LIO — **Q-time: 99:99:99**

PB (25m pool): 01:18.41 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:36.79		01:18.41	
		00:36.79		*00:41.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:2, starttime: 11:16

Heat: 2/6 Lane : 5 Athlete: DE WOLF TINE — **Q-time: 99:99:99**

PB (25m pool): 01:16.97 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.06		01:16.97	
		00:34.06		*00:42.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 11:26

Heat: 6/6 Lane : 2 Athlete: GUISSET JELLE — **Q-time: 01:12:86**

PB (25m pool): 01:12.86 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:12.86 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:12.86	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:1, starttime: 11:28

Heat: 1/6 Lane : 2 Athlete: CHERRETTé BALDER — **Q-time: 99:99:99**

PB (25m pool): 01:12.23 Eeklo 01/04/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:12.23	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:1, starttime: 11:28

Heat: 1/6 Lane : 4 Athlete: SORGELOOS VINCENT — **Q-time: 99:99:99**

PB (25m pool): 01:30.41 DENDERMONDE 23/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:30.41	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 8: 100M MEDLEY MEN 11+ — Heat:4, starttime: 11:35

Heat: 4/6 Lane : 1 Athlete: KEYMEULEN ALBERT — **Q-time: 01:28:81**

PB (25m pool): 01:28.81 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:28.81 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:28.81	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:6, starttime: 11:40

Heat: 6/6 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

	25 M	50 M	75 M	100 M	
PB		00:29.09		01:05.46	
		00:29.09		*00:36.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ — Heat:2, starttime: 11:53

Heat: 2/5 Lane : 4 Athlete: DE DONDER FLORE — **Q-time: 00:36:22**

PB (25m pool): 00:36.22 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:37.79 **SB:** 00:36.22 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:36.22	
		00:36.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ — Heat:5, starttime: 11:57

Heat: 5/5 Lane : 3 Athlete: VANDERBEKE HASSE — **Q-time: 00:28:67**

PB (25m pool): 00:28.08 Gent 23/02/2025 **PB (50m pool):** 00:28.47 **SB:** 00:28.67 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.08	
		00:28.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 9: 50M FREESTYLE WOMEN 11+ — Heat:5, starttime: 11:57

Heat: 5/5 Lane : 6 Athlete: DE WOLF TINE — **Q-time: 00:31:16**

PB (25m pool): 00:31.16 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:32.16 **SB:** 00:31.16 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:31.16	
	00:31.16		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+ — Heat:3, starttime: 12:02

Heat: 3/4 Lane : 6 Athlete: SORGELOOS VINCENT — **Q-time: 00:33:23**

PB (25m pool): 00:33.23 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:34.03 **SB:** 00:33.23 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:33.23	
	00:33.23		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 12:24

Heat: 4/6 Lane : 5 Athlete: DE DONDER FLORE — **Q-time: 01:33:69**

PB (25m pool): 01:33.69 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:39.44 **SB:** 01:33.69 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.19		01:33.69	
	00:44.19		*00:49.50*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 12:36

Heat: 3/5 Lane : 2 Athlete: SORGELOOS VINCENT — **Q-time: 01:30:98**

PB (25m pool): 01:30.98 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:35.28 **SB:** 01:30.98 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.79		01:30.98	
	00:43.79		*00:47.19*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH Evaluation sheet for TEAM: AST

Event number: 14: 100M BREASTSTROKE MEN 11+ **Heat:5, starttime: 12:41**

Heat: 5/5 Lane : 2 Athlete: CHERRETTé BALDER **Q-time: 01:17:84**

PB (25m pool): 01:17.84 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:22.04 **SB:** 01:17.84 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.17		01:17.84	
		00:36.17		*00:41.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M BREASTSTROKE MEN 11+ **Heat:5, starttime: 12:41**

Heat: 5/5 Lane : 6 Athlete: WACHTELAER CELLE **Q-time: 01:20:96**

PB (25m pool): 01:21.03 Gent 23/02/2025 **PB (50m pool):** 01:20.96 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.32		01:21.03	
		00:38.32		*00:42.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: