Herfstcriterium 2026: Session: 2: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: untill . Teamleadmeeting @ 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: 7: 200M FREESTYLE WOMEN 13+ Heat:2, starttime: 15:50

Heat: 2/7 Lane : 3 Athlete: MAES HANNE **Q-time: 02:37:94**

PB (25m pool): 02:37.94 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:44.46 **SB:** 02:37.94 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.85		01:17.47		01:58.62		02:37.94
		00:35.85		*00:41.62*		*00:41.15*		*00:39.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 13+ Heat:1, starttime: 16:05

Heat: 1/3 Lane : 5 Athlete: SORGELOOS VINCENT **Q-time: 03:14:45**

PB (25m pool): 03:14.45 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 03:22.72 **SB:** 03:14.45 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:44.39		01:35.19		02:25.12		03:14.45
		00:44.39		*00:50.80*		*00:49.93*		*00:49.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 13+ Heat:2, starttime: 16:25

Heat: 2/8 Lane : 1 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

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

Coach feedback:

Herfstcriterium 2026: Session: 2: COACH Evaluation sheet for TEAM: AST

Event number: 11: 100M BUTTERFLY WOMEN 13+ — Heat:3, starttime: 16:35

Heat: 3/4 Lane : 3 Athlete: MAES HANNE — **Q-time: 01:22:26**

PB (25m pool): 01:22.26 T ROSCO 12/10/2025 **PB (50m pool):** 01:27.73 **SB:** no time

	25M	50M	75M	100M	
PB		00:37.59		01:22.26	
		00:37.59		*00:44.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+ — Heat:2, starttime: 16:45

Heat: 2/6 Lane : 6 Athlete: SORGELOOS VINCENT — **Q-time: 01:21:52**

PB (25m pool): 01:21.52 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:22.91 **SB:** 01:21.52 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:40.01		01:21.52	
		00:40.01		*00:41.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: