Herfstcriterium 2026: Session: 4: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 20: 100M BREASTSTROKE MEN 13+ Heat:6, starttime: 14:10

Heat: 6/14 Lane : 3 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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.79		01:30.98	
		00:43.79		*00:47.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:11, starttime: 14:50

Heat: 11/18 Lane : 6 Athlete: MAES HANNE **Q-time: 01:20:86**

PB (25m pool): 01:20.86 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:20.86 EEKLO 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.86	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M MEDLEY WOMEN 13+ Heat:14, starttime: 14:55

Heat: 14/18 Lane : 2 Athlete: MEGANCK LIO **Q-time: 01:18:41**

PB (25m pool): 01:18.41 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 01:19.43 Dendermonde. 14/11/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.79		01:18.41	
		00:36.79		*00:41.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH Evaluation sheet for TEAM: AST

Event number: 21: 100M MEDLEY WOMEN 13+ — Heat:16, starttime: 15:00

Heat: 16/18 Lane : 2 Athlete: DE WOLF TINE — **Q-time: 01:16:97**

PB (25m pool): 01:16.96 Dendermonde. 14/11/2026 **PB (50m pool):** no time **SB:** 01:16.96 Dendermonde. 14/11/2026

	25 M	50 M	75 M	100 M
PB		no time		01:16.96
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 22: 50M BUTTERFLY WOMEN 11-12 — Heat:9, starttime: 15:15

Heat: 9/13 Lane : 5 Athlete: DE DONDER FLORE — **Q-time: 00:40:68**

PB (25m pool): 00:40.68 EEKLO 04/10/2026 **PB (50m pool):** 00:41.86 **SB:** 00:40.68 EEKLO 04/10/2026

	25 M	50 M
PB		00:40.68
	00:40.68	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 23: 50M BUTTERFLY MEN 13+ — Heat:5, starttime: 15:25

Heat: 5/16 Lane : 1 Athlete: SORGELOOS VINCENT — **Q-time: 00:36:76**

PB (25m pool): 00:38.08 EEKLO 04/10/2026 **PB (50m pool):** 00:36.76 **SB:** 00:38.08 EEKLO 04/10/2026

	25 M	50 M
PB		00:38.08
	00:38.08	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:7, starttime: 16:05

Heat: 7/13 Lane : 2 Athlete: MEGANCK LIO — **Q-time: 02:56:69**

PB (25m pool): 03:09.00 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 02:56.69 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.17		01:34.52		02:22.71		03:09.00
		00:45.17		*00:49.35*		*00:48.19*		*00:46.29*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 4: COACH Evaluation sheet for TEAM: AST

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:12, starttime: 16:25

Heat: 12/13 Lane : 4 Athlete: DE WOLF TINE — **Q-time: 02:37:62**

PB (25m pool): 02:37.35 Ronse 17/03/2024 **PB (50m pool):** 02:42.60 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:37.35
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+ — Heat:12, starttime: 16:25

Heat: 12/13 Lane : 5 Athlete: MAES HANNE — **Q-time: 02:38:77**

PB (25m pool): 02:38.77 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:43.05 **SB:** 02:38.77 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.30		01:17.90		01:58.59		02:38.77
		00:37.30		*00:40.60*		*00:40.69*		*00:40.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12 — Heat:9, starttime: 16:45

Heat: 9/12 Lane : 5 Athlete: KEYMEULEN ALBERT — **Q-time: 01:17:15**

PB (25m pool): 01:17.15 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:18.29 **SB:** 01:17.15 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.56		01:17.15	
		00:36.56		*00:40.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BREASTSTROKE WOMEN 11-12 — Heat:14, starttime: 17:25

Heat: 14/15 Lane : 2 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: