Herfstcriterium 2026: Session: 5: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 09:00 untill 09:45. 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: 28: 200M MEDLEY WOMEN 13+ Heat:4, starttime: 10:40

Heat: 4/10 Lane : 3 Athlete: MAES HANNE **Q-time: 02:59:92**

PB (25m pool): 03:00.79 Sinbad 05/10/2025 **PB (50m pool):** 02:59.92 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.47		no time		no time		03:00.79
		00:37.47						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 11-12 Heat:8, starttime: 11:20

Heat: 8/8 Lane : 5 Athlete: KEYMEULEN ALBERT **Q-time: 01:22:87**

PB (25m pool): 01:23.70 EEKLO 04/10/2026 **PB (50m pool):** 01:22.87 **SB:** 01:23.70 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.58		01:23.70	
		00:40.58		*00:43.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11-12 Heat:8, starttime: 11:50

Heat: 8/10 Lane : 6 Athlete: DE DONDER FLORE **Q-time: 03:03:77**

PB (25m pool): 03:10.05 EEKLO 04/10/2026 **PB (50m pool):** 03:03.77 **SB:** 03:10.05 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.24		no time		no time		03:10.05
		00:42.24						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: