

CB-BK WE1 2026: Session: 3: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 07:00 untill 08:15. 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: 19: 100M BACKSTROKE WOMEN 11-12							Heat:1, starttime: 10:05	
Heat: 1/20 Lane : 4 Athlete: DE DONDER FLORE							Q-time: 01:39:26	
PB (50m pool): 01:39.26 Lago Gent Rozebroeken 03/05/2026							PB (25m pool): 01:41.30 SB: 01:39.26 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M						
PB	00:48.72	01:39.26						
	00:48.72	00:50.54						
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12							Heat:15, starttime: 10:40		
Heat: 15/20 Lane : 1 Athlete: KOLICHEVA KATALEYA							Q-time: 01:22:57		
PB (50m pool): 01:22.57 Lago Gent Rozebroeken 03/05/2026							PB (25m pool): 01:20.74 SB: 01:22.57 Lago Gent Rozebroeken 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:42.08		01:22.57						
	00:42.08		00:40.49						
									

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14						Heat:3, starttime: 12:34		
Heat: 3/3 Lane : 3 Athlete: WACHTELAER CELLE						Q-time: 18:03:36		
PB (50m pool): 18:03.36 Antwerpen 20/07/2025						PB (25m pool): 18:09.82 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.66	01:06.71	01:43.16	02:19.35	02:56.13	03:32.89	04:09.71	04:46.09
	00:31.66	00:35.05	00:36.45	00:36.19	00:36.78	00:36.76	00:36.82	00:36.38
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:22.55	05:59.30	06:36.31	07:12.77	07:49.59	08:26.36	09:03.46	09:39.44
	00:36.46	00:36.75	00:37.01	00:36.46	00:36.82	00:36.77	00:37.10	00:35.98
								

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	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:16.32	10:52.80	11:29.70	12:05.93	12:42.46	13:18.88	13:55.88	14:31.71
	00:36.88	00:36.48	00:36.90	00:36.23	00:36.53	00:36.42	00:37.00	00:35.83
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	15:08.27	15:44.50	16:21.19	16:57.13	17:30.35	18:03.36	
	00:36.56	00:36.23	00:36.69	00:35.94	00:33.22	00:33.01	
							

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14 Heat:4, starttime: 13:05

Heat: 4/15 Lane : 8 Athlete: MAES HANNE Q-time: 02:46:06

PB (50m pool): 02:46.06 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:57.45 SB: 02:46.06 Sportoase De Watermolen 24/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.42	01:22.43	02:05.24	02:46.06	
	00:39.42	00:43.01	00:42.81	00:40.82	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14 Heat:10, starttime: 13:27

Heat: 10/15 Lane : 6 Athlete: BOTERBERGH LIEKE Q-time: 02:40:25

PB (50m pool): 02:40.25 Aalst 27/06/2026 PB (25m pool): 02:46.13 SB: 02:40.25 Aalst 27/06/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:40.25	
	no time				
					

Coach feedback: