```
_, _,b = my_str.split("-",2)
coordinates, rest1 = b.split(".",1)
coordS, coordE =coordinates.split("-",1)
date, _ = rest1.split("#")[1].split(".")
print("-"*30)
print("first coordinate: ",coordS, "\nsecond coordinate: ", coordE)
print("-"*30)
print("\n"+date[0:4]+"-"+date[4:6]+"-"+date[6:8])
```

first coordinate: S234218 second coordinate: E011444