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

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahnmüller Jana HEADCOACH

Coaches: Bahnmüller Michael

PB => Personal Best time **SB => Seasons Best time: Season starting point: first of September.**

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:3, starttime: 09:40

Heat: 3/3 Lane : 7 Athlete: CHERRETTé BALDER — **Q-time: 04:20:20**

PB (50m pool): 04:24.66 Antwerpen 27/07/2025 **PB (25m pool):** 04:20.20 **SB:** 04:30.52 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.43	01:02.22	01:35.84	02:09.97	02:43.98	03:18.50	03:52.22	04:24.66
	00:29.43	*00:32.79*	*00:33.62*	*00:34.13*	*00:34.01*	*00:34.52*	*00:33.72*	*00:32.44*
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Coach feedback:

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/2 Lane : 5 Athlete: GUISSET JELLE — **Q-time: 04:43:24**

PB (50m pool): 04:43.66 Antwerp 09/02/2025 **PB (25m pool):** 04:42.38 **SB:** 04:49.47 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.47	01:07.10	01:44.22	02:20.39	02:57.59	03:33.69	04:09.58	04:43.66
	00:31.47	*00:35.63*	*00:37.12*	*00:36.17*	*00:37.20*	*00:36.10*	*00:35.89*	*00:34.08*
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Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:4, starttime: 10:20

Heat: 4/4 Lane : 5 Athlete: WACHTELAER CELLE — **Q-time: 02:05:42**

PB (50m pool): 02:07.46 Aalst 20/12/2025 **PB (25m pool):** 02:05.42 **SB:** 02:07.46 Aalst 20/12/2025

	50M	100M	150M	200M	
PB	00:29.62	01:01.82	01:35.27	02:07.46	
	00:29.62	*00:32.20*	*00:33.45*	*00:32.19*	
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Coach feedback:

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

Event number: 58: 200M BACKSTROKE WOMEN 15-16 **Heat:1, starttime: 10:51**

Heat: 1/3 Lane : 4 Athlete: GUISSET JELLE **Q-time: 02:33:84**

PB (50m pool): 02:35.78 Antwerpen 21/07/2024 **PB (25m pool):** 02:33.84 **SB:** 02:41.63 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	no time	no time	no time	02:35.78	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: