

CB-BK WE2 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: 18: 400M FREESTYLE MEN 15-18 **Heat:4, starttime: 08:45**

Heat: 4/5 Lane : 7 Athlete: CHERRETTé BALDER **Q-time: 04:21:22**

PB (50m pool): 04:21.22 Antwerpen 08/03/2026 **PB (25m pool): 04:20.20 SB: 04:21.22 Antwerpen 08/03/2026**

	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	00:29.41	01:01.72	01:35.57	02:09.44	02:43.40	03:17.07	03:50.62	04:21.22
	00:29.41	00:32.31	00:33.85	00:33.87	00:33.96	00:33.67	00:33.55	00:30.60
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 **Heat:3, starttime: 09:08**

Heat: 3/5 Lane : 6 Athlete: GUISET JELLE **Q-time: 05:27:83**

PB (50m pool): 05:27.83 Antwerpen 27/07/2025 **PB (25m pool): 05:27.12 SB: 05:38.16 Aalst 27/06/2026**

	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	00:33.36	01:13.19	01:55.43	02:37.32	03:27.53	04:17.55	04:53.21	05:27.83
	00:33.36	00:39.83	00:42.24	00:41.89	00:50.21	00:50.02	00:35.66	00:34.62
								

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+ **Heat:5, starttime: 09:57**

Heat: 5/10 Lane : 4 Athlete: VANDERBEKE HASSE **Q-time: 02:15:98**

PB (50m pool): 02:15.98 Gent 08/02/2026 **PB (25m pool): 02:15.24 SB: 02:15.98 Gent 08/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:05.01	no time	02:15.98	
	no time				
					

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:6, starttime: 11:02
Heat: 6/22 Lane : 5 Athlete: CHERRETTé BALDER			Q-time: 00:57:87
PB (50m pool): 00:57.87 Antwerpen 08/03/2026			PB (25m pool): 00:56.77 SB: 00:57.87 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.73	00:57.87	
	00:27.73	00:30.14	
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:4, starttime: 12:04
Heat: 4/17 Lane : 7 Athlete: GUISET JELLE			Q-time: 00:31:87
PB (50m pool): 00:31.87 Aalst 26/04/2026			PB (25m pool): 00:32.11 SB: 00:31.87 Aalst 26/04/2026
	5 0 M		
PB	00:31.87		
	00:31.87		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:13, starttime: 12:13
Heat: 13/17 Lane : 6 Athlete: VANDERBEKE HASSE			Q-time: 00:30:00
PB (50m pool): 00:30.00 Aalst 26/04/2026			PB (25m pool): 00:30.62 SB: 00:30.00 Aalst 26/04/2026
	5 0 M		
PB	00:30.00		
	00:30.00		
			

Coach feedback: