

CB-BK WE2 2026: Session: 5: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahn Müller Michael

Coaches: Bahn Müller Jana HEADCOACH

PB => Personal Best time

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

Event number: 36: 100M FREESTYLE WOMEN 15+							Heat:3, starttime: 09:46		
Heat: 3/12 Lane : 7 Athlete: GUISSET JELLE							Q-time: 01:03:24		
PB (50m pool): 01:03.24 Lago Gent Rozebroeken 04/05/2025							PB (25m pool): 01:02.42 SB: 01:05.25 Lago Gent Rozebroeken 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:30.43		01:03.24						
	00:30.43		00:32.81						
									

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:5, starttime: 09:49	
Heat: 5/12 Lane : 3 Athlete: VANDERBEKE HASSE					Q-time: 01:02:48	
PB (50m pool): 01:02.48 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:02.05 SB: 01:02.48 Sportoase De Watermolen 29/03/2026						
	5 0 M	1 0 0 M				
PB	00:30.34	01:02.48				
	00:30.34	00:32.14				
						

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:11, starttime: 11:35	
Heat: 11/19 Lane : 8 Athlete: CHERRETTé BALDER				Q-time: 02:05:51		
PB (50m pool): 02:05.51 Antwerpen 08/03/2026					PB (25m pool): 02:08.13SB: 02:05.51 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:28.42	01:00.47	01:33.48	02:05.51		
	00:28.42	00:32.05	00:33.01	00:32.03		
						

Coach feedback:

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Event number: 41: 50M BUTTERFLY MEN 15+										Heat:8, starttime: 12:20	
Heat: 8/24 Lane : 8 Athlete: CHERRETTé BALDER										Q-time: 00:28:40	
PB (50m pool): 00:28.40 Aalst 26/04/2026					PB (25m pool): 00:29.93SB: 00:28.40 Aalst 26/04/2026						
	5 0 M										
PB	00:28.40										
	00:28.40										
											

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+										Heat:4, starttime: 12:41	
Heat: 4/9 Lane : 1 Athlete: VANDERBEKE HASSE									Q-time: 01:08:90		
PB (50m pool): 01:08.90 Antwerpen 22/03/2026					PB (25m pool): 01:09.19SB: 01:08.90 Antwerpen 22/03/2026						
	5 0 M		1 0 0 M								
PB	00:31.21		01:08.90								
	00:31.21		00:37.69								
											

Coach feedback:

Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:12	
Heat: 1/2 Lane : 4 Athlete: GUISET JELLE							Q-time: 09:43:45	
PB (50m pool): 09:43.45 Antwerpen 27/07/2025			PB (25m pool): 09:39.13 SB: 09:49.50 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	00:32.56	01:08.78	01:45.22	02:21.77	02:58.51	03:35.96	04:12.80	04:49.83
	00:32.56	00:36.22	00:36.44	00:36.55	00:36.74	00:37.45	00:36.84	00:37.03
								
	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	05:26.74	06:03.91	06:41.18	07:18.21	07:55.16	08:32.17	09:08.28	09:43.45
	00:36.91	00:37.17	00:37.27	00:37.03	00:36.95	00:37.01	00:36.11	00:35.17
								

Coach feedback: