

CB-BK WE2 2026: Session: 1: 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: 1: 400M FREESTYLE WOMEN 15-18 Heat:3, starttime: 08:41

Heat: 3/5 Lane : 1 Athlete: VANDERBEKE HASSE Q-time: 04:44:31

PB (50m pool): 04:44.31 Lochristi 01/02/2026 PB (25m pool): 04:51.99 SB: 04:44.31 Lochristi 01/02/2026

	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	no time	01:07.55	no time	02:19.91	no time	no time	no time	04:44.31
	no time							
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18 Heat:3, starttime: 08:41

Heat: 3/5 Lane : 2 Athlete: GUISET JELLE Q-time: 04:43:66

PB (50m pool): 04:43.66 Antwerp 09/02/2025 PB (25m pool): 04:43.24 SB: 04:47.65 Sportoase De Watermolen 24/05/2025

	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	00:31.47	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
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+ Heat:5, starttime: 09:22

Heat: 5/16 Lane : 3 Athlete: GUISET JELLE Q-time: 00:34:36

PB (50m pool): 00:34.36 Aalst 26/04/2026 PB (25m pool): 00:33.28 SB: 00:34.36 Aalst 26/04/2026

	5 0 M
PB	00:34.36
	00:34.36
	

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:7, starttime: 11:54	
Heat: 7/13 Lane : 8 Athlete: VANDERBEKE HASSE										Q-time: 00:28:47	
PB (50m pool): 00:28.47 Antwerpen 22/03/2026										PB (25m pool): 00:28.08SB: 00:28.47 Antwerpen 22/03/2026	
	5 0 M										
PB	00:28.47										
	00:28.47										
											

Coach feedback:

Event number: 12: 1500M FREESTYLE MEN 15-16							Heat:2, starttime: 13:01	
Heat: 2/2 Lane : 6 Athlete: CHERRETTé BALDER							Q-time: 17:12:35	
PB (50m pool): 17:12.35 Antwerpen 08/03/2026			PB (25m pool): 17:31.57 SB: 17:12.35 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	00:30.51	01:03.78	01:39.06	02:13.47	02:48.58	03:23.26	03:58.78	04:33.76
	00:30.51	00:33.27	00:35.28	00:34.41	00:35.11	00:34.68	00:35.52	00:34.98
								

	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	05:09.30	05:44.04	06:18.21	06:52.23	07:27.13	08:01.82	08:36.34	09:10.92
	00:35.54	00:34.74	00:34.17	00:34.02	00:34.90	00:34.69	00:34.52	00:34.58
								

	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	09:45.83	10:20.58	10:55.56	11:30.48	12:04.02	12:38.13	13:12.56	13:47.30
	00:34.91	00:34.75	00:34.98	00:34.92	00:33.54	00:34.11	00:34.43	00:34.74
								

	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	14:21.97	14:57.20	15:32.04	16:07.03	16:39.96	17:12.35	
	00:34.67	00:35.23	00:34.84	00:34.99	00:32.93	00:32.39	
							

Coach feedback: