

ShaRK 400m 2026: Session: 1: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 12:20 untill 13:25. Teamleadmeeting @ 13:00 The listed starttimes are indicative!

Coaches: Smets Mark

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:1, starttime: 14:15	
Heat: 1/8 Lane : 4 Athlete: DOCKX JAMES							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:3, starttime: 14:30	
Heat: 3/8 Lane : 2 Athlete: VAN GESTEL JULINE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:8, starttime: 15:15	
Heat: 8/8 Lane : 1 Athlete: DELVA SAM							Q-time: 06:24:91	
PB (25m pool): 06:45.21 Herentals 04/10/2025			PB (50m pool): 06:24.91 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:40.90		01:31.01		02:23.70		03:16.34
	00:40.90		00:50.11		00:52.69		00:52.64	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M

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PB		04:09.61		05:03.74		05:58.38		06:45.21
	00:53.27		00:54.13		00:54.64		00:46.83	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:8, starttime: 15:15	
Heat: 8/8 Lane : 6 Athlete: MATTHEEUSEN OLIVIA							Q-time: 06:39:30	
PB (25m pool): 07:00.72 Herentals 04/10/2025				PB (50m pool): 06:39.30SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:46.01		01:38.18		02:32.08		03:25.94
	00:46.01		00:52.17		00:53.90		00:53.86	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:21.31		05:17.00		06:08.02		07:00.72
	00:55.37		00:55.69		00:51.02		00:52.70	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:5, starttime: 15:50	
Heat: 5/8 Lane : 2 Athlete: CLAESSENS MARIE							Q-time: 06:01:72	
PB (25m pool): 06:06.83 Antwerpen 12/10/2025				PB (50m pool): 06:01.72 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:40.61		01:25.94		02:13.07		02:59.11
	00:40.61		00:45.33		00:47.13		00:46.04	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:46.09		04:34.39		05:21.79		06:06.83
	00:46.98		00:48.30		00:47.40		00:45.04	
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:4, starttime: 16:40	
Heat: 4/5 Lane : 6 Athlete: JOOSEN CIS							Q-time: 05:50:12	
PB (25m pool): 05:50.12 Herentals 04/10/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:42.56		01:28.31		02:13.76		02:58.50
	00:42.56		00:45.75		00:45.45		00:44.74	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:41.98		04:26.49		05:09.91		05:50.12
	00:43.48		00:44.51		00:43.42		00:40.21	
								

Coach feedback: