

ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: AZV

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

Coaches: Verachttert Elke

Coaches: Torfs Agnes

Coaches: Claassen Benny HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 13:45	
Heat: 3/4 Lane : 5 Athlete: LAMBRECHTS LOES							Q-time: 06:01:83	
PB (25m pool): 06:01.83 Herentals 04/10/2025				PB (50m pool): 06:09.99SB: 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		00:39.24		01:26.42		02:15.04		03:01.47
	00:39.24		00:47.18		00:48.62		00:46.43	
								
	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		03:51.84		04:42.40		05:23.51		06:01.83
	00:50.37		00:50.56		00:41.11		00:38.32	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN 11+							Heat:2, starttime: 14:00	
Heat: 2/3 Lane : 3 Athlete: WILLEMS RUBEN							Q-time: 05:34:66	
PB (25m pool): 05:34.66 Herentals 04/10/2025				PB (50m pool): 05:38.20SB: 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		00:33.94		01:13.17		01:56.10		02:36.99
	00:33.94		00:39.23		00:42.93		00:40.89	
								
	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		03:26.20		04:17.22		04:56.55		05:34.66
	00:49.21		00:51.02		00:39.33		00:38.11	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:6, starttime: 14:55	
Heat: 6/8 Lane : 1 Athlete: VAN VORST MARIE							Q-time: 08:06:26	
PB (25m pool): 08:24.30 Herentals 04/10/2025				PB (50m pool): 08:06.26SB: 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		00:53.76		01:55.34		02:58.86		04:04.66
	00:53.76		01:01.58		01:03.52		01:05.80	
								
	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		05:10.98		06:19.99		07:26.41		08:24.30
	01:06.32		01:09.01		01:06.42		00:57.89	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:6, starttime: 15:55	
Heat: 6/8 Lane : 1 Athlete: VAN COTTHEM NIKA							Q-time: 05:47:46	
PB (25m pool): 05:47.46 Arendonk 31/05/2026				PB (50m pool): 07:11.73SB: 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		01:18.66		no time		02:47.20
	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		05:47.46
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:6, starttime: 15:55	
Heat: 6/8 Lane : 5 Athlete: LAURYSSSEN NETTE							Q-time: 05:42:51	
PB (25m pool): 05:42.51 Arendonk 31/05/2026				PB (50m pool): 05:47.81 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		02:46.21
	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		05:42.51
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:05	
Heat: 7/8 Lane : 5 Athlete: PEETERS LENA							Q-time: 05:25:03	
PB (25m pool): 05:31.20 Arendonk 31/05/2026				PB (50m pool): 05:25.03SB: 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		01:11.56		no time		02:42.73
	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		05:31.20
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:30	
Heat: 3/5 Lane : 6 Athlete: VERSTRAETEN DJURRE							Q-time: 06:24:42	
PB (25m pool): 06:24.42 Lier 04/04/2026				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		01:29.43		no time		03:08.95
	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		06:24.42
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:5, starttime: 16:45	
Heat: 5/5 Lane : 6 Athlete: WILLEMS IWAN							Q-time: 05:18:87	
PB (25m pool): 05:25.90 Arendonk 31/05/2026				PB (50m pool): 05:18.87 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		01:17.92		no time		02:40.69
	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		05:25.90
								

Coach feedback: