

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

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

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Waelkens Bea HEADCOACH

Coaches: Gullentops Axel

PB => Personal Best time

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

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 13:35	
Heat: 2/4 Lane : 3 Athlete: FAES ELYNE							Q-time: 06:18:19	
PB (25m pool): 06:18.19 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		00:38.67		01:26.10		02:13.00		02:58.72
	00:38.67		00:47.43		00:46.90		00:45.72	
								
	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		03:54.26		04:51.20		05:35.78		06:18.19
	00:55.54		00:56.94		00:44.58		00:42.41	
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:4, starttime: 13:50	
Heat: 4/4 Lane : 6 Athlete: WIJCKMANS LENE							Q-time: 05:42:09	
PB (25m pool): 05:40.63 Herentals 05/10/2024				PB (50m pool): 05:57.67SB: 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		05:40.63
								

Coach feedback:

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Event number: 2: 400M MEDLEY MEN 11+							Heat:3, starttime: 14:10	
Heat: 3/3 Lane : 4 Athlete: DE CUYPER LENS							Q-time: 04:59:10	
PB (25m pool): 04:59.10 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		00:31.14		01:08.67		01:47.26		02:26.05
	00:31.14		00:37.53		00:38.59		00:38.79	
								
	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		03:07.40		03:50.86		04:25.92		04:59.10
	00:41.35		00:43.46		00:35.06		00:33.18	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:8, starttime: 15:15	
Heat: 8/8 Lane : 5 Athlete: MEUNIER EMILE							Q-time: 06:21:92	
PB (25m pool): 06:21.92 Tremelo 24/05/2026				PB (50m pool): 06:44.83SB: 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		01:32.17		no time		03:11.52
	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		06:21.92
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 15:35	
Heat: 3/8 Lane : 2 Athlete: WELSLAU INES							Q-time: 07:10:86	
PB (25m pool): 07:10.86 Aarschot 26/04/2026				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		00:46.40		01:41.33		02:37.18		03:32.77
	00:46.40		00:54.93		00:55.85		00:55.59	
								
	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		04:28.92		05:25.15		06:20.39		07:10.86
	00:56.15		00:56.23		00:55.24		00:50.47	
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 15:45	
Heat: 4/8 Lane : 6 Athlete: LAMBRECHTS Fé							Q-time: 07:05:39	
PB (25m pool): 07:05.39 Aarschot 26/04/2026				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		00:45.00		01:37.61		02:32.98		03:29.24
	00:45.00		00:52.61		00:55.37		00:56.26	
								
	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		04:26.59		05:23.59		06:15.42		07:05.39
	00:57.35		00:57.00		00:51.83		00:49.97	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:5, starttime: 15:50	
Heat: 5/8 Lane : 6 Athlete: GORIS ARWEN							Q-time: 06:12:70	
PB (25m pool): 06:12.70 Zaventem 21/06/2025				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		no time		01:27.99		no time		03:06.47
	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		06:12.70
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:6, starttime: 15:55	
Heat: 6/8 Lane : 4 Athlete: ROZIERIS LILY							Q-time: 05:36:98	
PB (25m pool): 05:36.98 Zwembad De Motte 20/06/2026				PB (50m pool): 06:00.08SB: 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		01:20.77		no time		02:46.80
	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		05:36.98
								

Coach feedback: